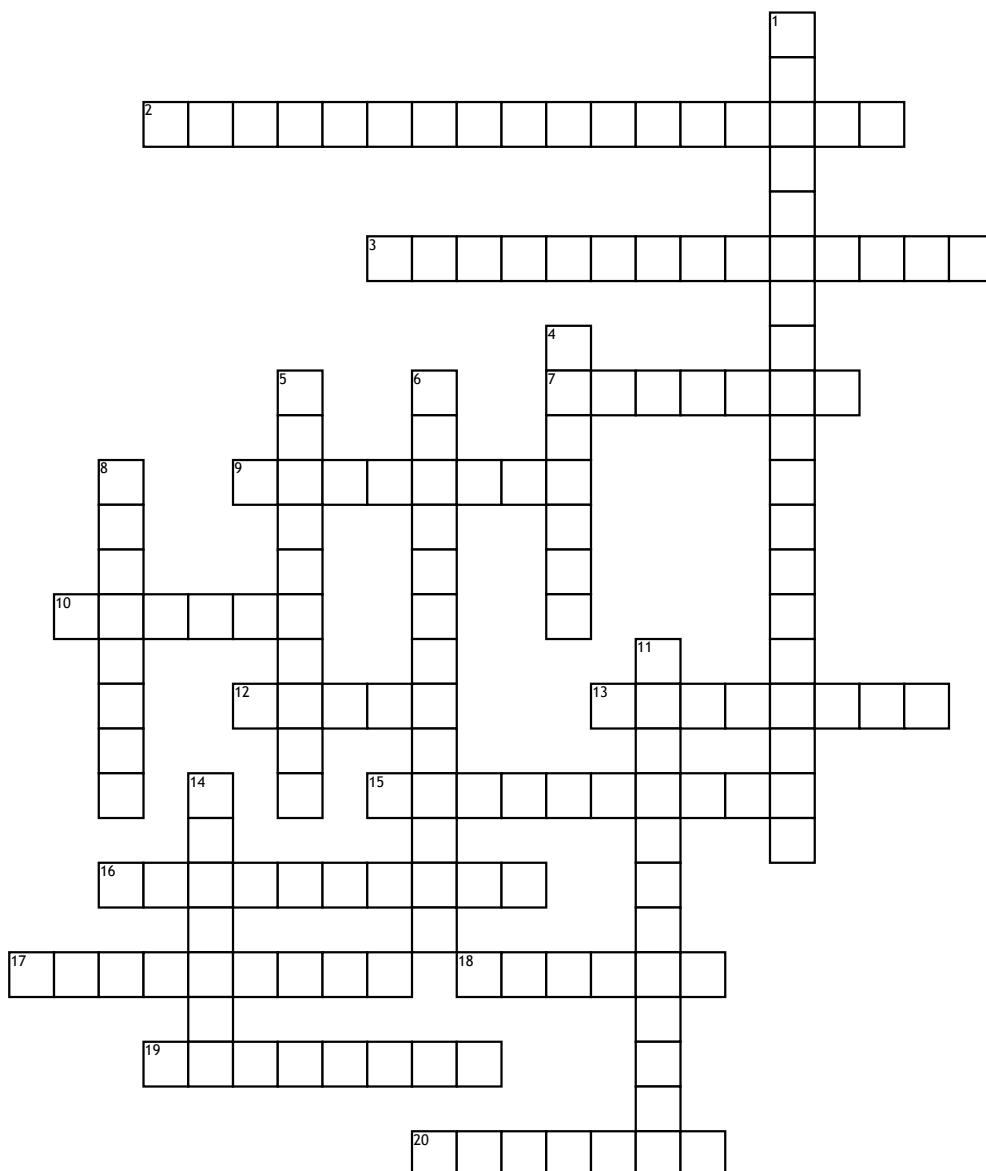


Name: _____ Date: _____ Period: _____

nutrition crossword



Across

2. the steps you need to follow in life to maintain a healthy diet
3. fat containing high poportion of fatty acids
7. binge and purge disorder
9. substance needed by human body for good health
10. lack of red blood cells
12. another name for fat (fatty acids)
13. measures the energy in food
15. vitamins A,D.E. and K are all _____.

16. the spot on a package where it shows the nutrition facts and ingridients

17. the mental picture of ones body
18. a feel of suffer due to lack of food
19. _____ is a disease when you starve your self to be thinner
20. shows what ratio of nutrients you should have with each meal

Down

1. _____ is when you have episodes where you eat eveythind and dont worry about body image

4. whe your body is made up ove over 30 % fat

5. you need 9 of these a day
6. can be broken down to give energy to the body
8. an unhealthy fat from oils
11. A fat consisting of a lot of fatty acids
14. _____ is an essential part of living organisms like muscle and tissue/.