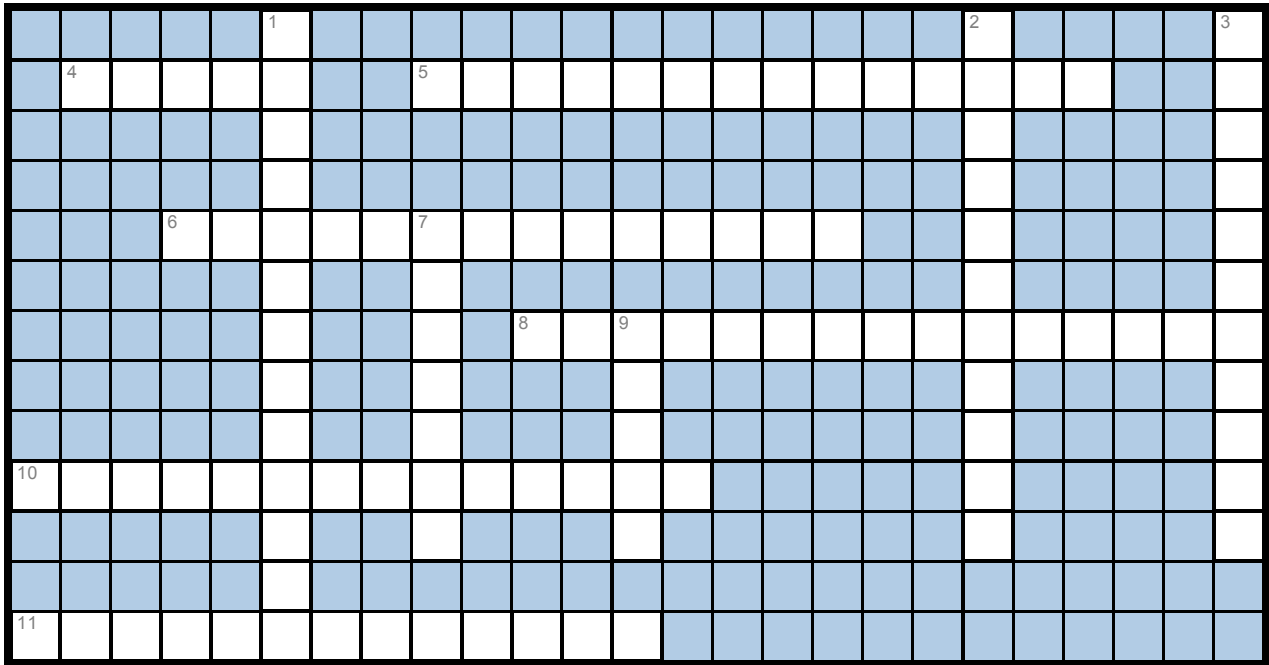


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Chapter 4: Weighing Your Choices

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Across

4. To rid the body of food by vomiting or abusing laxatives.
5. Eating the same number of calories as you burn.
6. Body processes that keep you alive.
8. An eating disorder that causes people to starve themselves.
10. An eating disorder that causes people to binge and purge themselves.
11. Keeping your body at a healthy weight.

Down

1. The weight that is right for a person's age and height.
2. A body weight that is much lower than a healthy weight.
3. An eating disorder that involves the rapid eating (or chewing and spitting out) of thousands of calories in a short time.
7. A quick weight loss diet that doesn't usually work and can be harmful to health.
9. Having an excessive amount of body fat.