

Guide to good food



Across

3. Negative physical reaction to food that does not involve the body immune system

9. The body's ability to meet physical demands

11. using healthy food choices and exercise to maintain a healthy weight

14. a reaction to the body immune system when exposed to protein in foods

15. The unit used to measure the amount of energy value in foods

17. Foods that have been canned, frozen, dried, cooked, or fortified

18. physical or mental tension causes by a reaction to a situation

19. baby doctor

20. doctors who specialize in the care of pregnant women and babies at birth

Down

1. Proportions of bone, muscle, fat and tissue that makes up body weight

2. Thick yellow fluid that has antibodies in breast milk and will protect body from infection

4. A diet that is popular for a short period of time

5. Foods that have more vitamins and minerals compared to the number of calories it supplies

6. A physical activity that speeds a person's heart rate and breathing

7. Producing breast milk

8. An eating disorder where the person starves themselves

10. severe condition in which the body can not control blood sugar levels

12. recommended number of daily servings for each food groups

13. unborn baby

16. Abnormal loss of body fluids

Guide To Good Food Crossword Answer

SJ Ball



Guide To Good Food Crossword Answer:

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introductory lesson helps teachers assess the current level of nutrition knowledge the students have included are a review of basic nutrition concepts pre test for lessons 1 13 and a student learning preference sheet Lessons 1 9 explore the pregnant teenager s nutrition requirements Lessons 10 13 discusses nutritional requirements during lactation and infant feeding Each lesson contains a focus statement behavioral objectives teacher notes references suggested activities and supplementary materials The appendix contains an annotated bibliography audio visual aids reprinted articles of special interest and a food composition table kbc

Time and Tide ,1960 *New Statesman and Nation* ,1957-07 **Resources in Education**
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