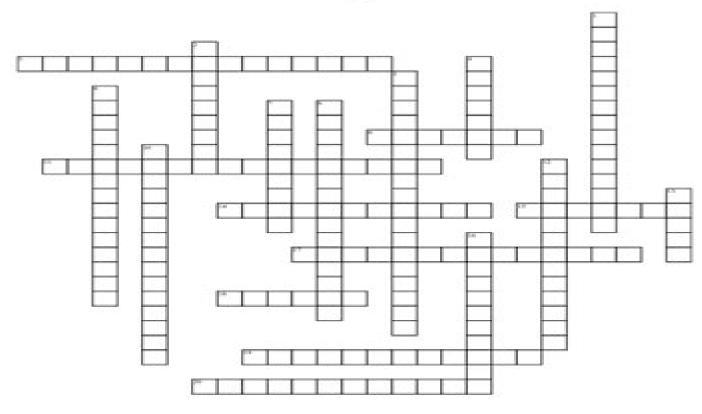
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Guide to good food



Across

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

The bodys ability to meet physical demands

 using healthy food choices and exercise to maintain a healthy weight

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

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

17. Foods that have been canned,frozen,dried,cooked,or fortified physical or mental tension causes by a reaction to a situation

19, baby doctor

 doctors who specialzie in the care of preganat women and babys at birth

Drown

 Proportions of bone,muscle,fat and tissue that makes up body weight
 Thick yellow fluid that has antibodies in breast milk and will protect body from infection

 A diet that is popular for a short period of time Foods that have more vitamins and minerals compared to the number of calories it supplies

A physical activity that speeds a persons heart rate and breathing

Producing breast milk

 An eating disorder where the person starves themselves

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

12. recommended number of daily savings for each food groups

13. unborn baby

16. Abnormal loss of body fluids

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J Spring

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