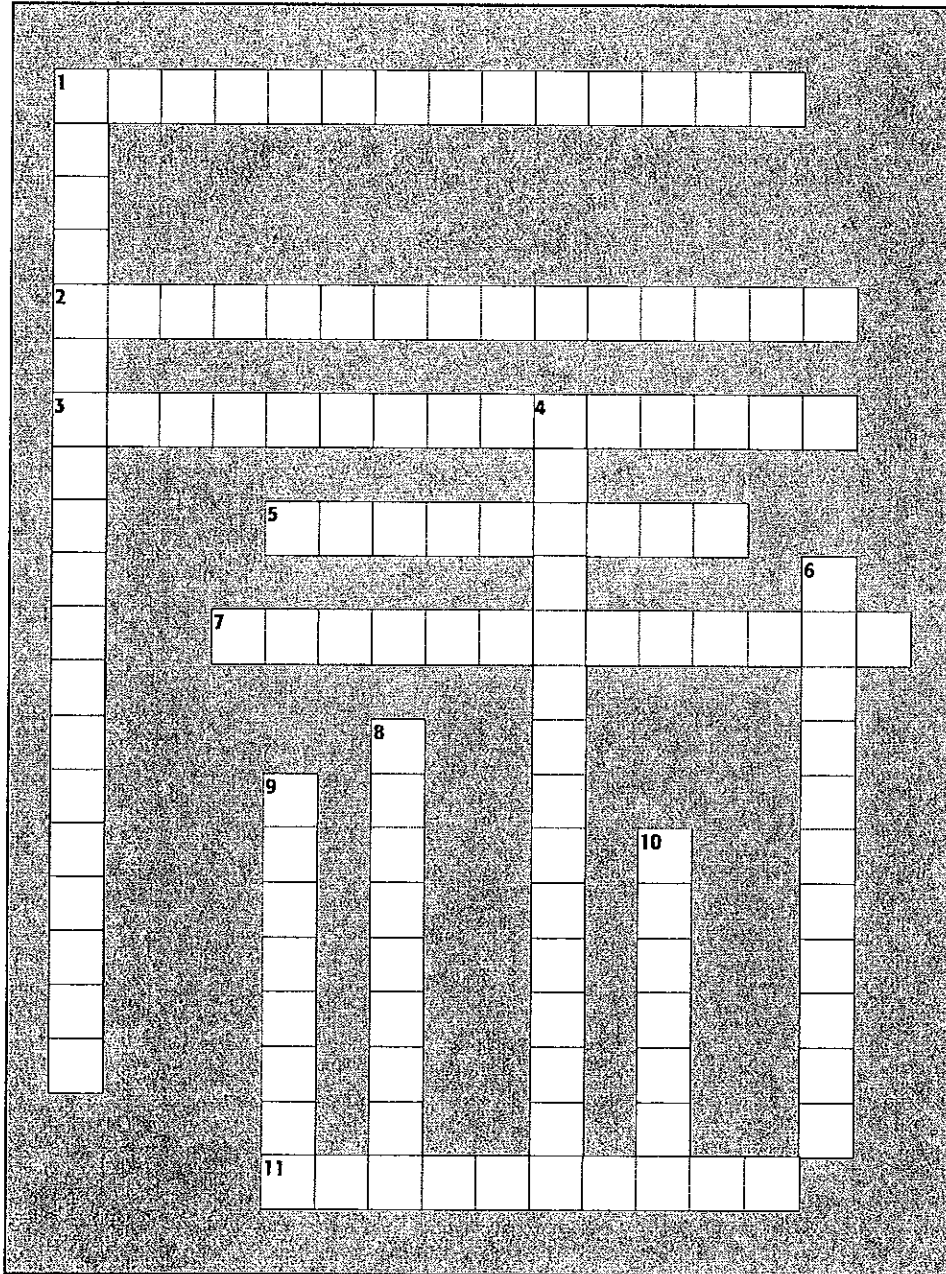


Vocabulary 6

Directions: Complete the puzzle using the key terms in the chapter listed on the reverse side of this worksheet.



2nd X

Vocabulary 6

Chapter 6

sleep apnea
body image
bulimia nervosa
bigorexia

insulin
eating disorders
exercise bulimia
fad diets

underweight
anorexia nervosa
binge eating disorder
weight cycling

Across

1. an eating disorder in which people overeat and then force themselves to purge the food afterward
2. psychological illnesses that cause people to undereat, overeat, or practice other dangerous nutrition-related behaviors
3. an eating disorder in which a person abnormally restricts his or her calorie intake
5. a disorder in which an individual falsely believes he or she is underweight or undersized
7. the cycle of losing, regaining, losing and regaining weight
11. a condition in which a person stops breathing during sleep, due to obstructed or reduced air passages

Down

1. an eating disorder where individuals eat more rapidly than normal until they cannot eat any more
4. an eating disorder in which people purge calories by exercising excessively
6. having a Body Mass Index (BMI) that is below the 5th percentile for one's age
8. the way you see your body
9. weight loss plans that are popular for only a short time
10. a hormone produced by the pancreas