

## Food Choices and Health

**Directions** Complete each sentence by writing the letter of the *best* word or words from the Word Bank in the space on the left-hand side of the page.

### Word Bank

- |                       |                   |
|-----------------------|-------------------|
| a) anorexia nervosa   | f) obesity        |
| b) bloated            | g) one-third      |
| c) bulimia            | h) malnutrition   |
| d) calories           | i) raw vegetables |
| e) an eating disorder | j) snack          |

- \_\_\_\_\_ 1) Boys need more \_\_\_\_\_ than girls beginning at age 11 and continuing throughout life.
- \_\_\_\_\_ 2) It's okay for teens to \_\_\_\_\_ because they have high energy needs.
- \_\_\_\_\_ 3) \_\_\_\_\_ occurs when the body does not get enough calories or nutrients.
- \_\_\_\_\_ 4) \_\_\_\_\_ is an eating disorder in which one avoids eating.
- \_\_\_\_\_ 5) A pattern of eating that leads to health problems is called \_\_\_\_\_.
- \_\_\_\_\_ 6) \_\_\_\_\_ is a condition in which a person is more than 20 percent overweight.
- \_\_\_\_\_ 7) Malnutrition can cause \_\_\_\_\_, or swollen, stomachs.
- \_\_\_\_\_ 8) People with \_\_\_\_\_ often eat large amounts of food and then vomit to rid themselves of it.
- \_\_\_\_\_ 9) About \_\_\_\_\_ of teens' calories come from snacks.
- \_\_\_\_\_ 10) A good snack choice is \_\_\_\_\_.