

Body Image Word Search

Answer Key

Fill in the blanks with the words below.

body image later taught Calories rapidly
 thin dissatisfied stop weight loss heavier

1. Between the ages of 9 and 12, your body begins growing very rapidly.
2. How we think we look and how we think others see us is called body image.
3. Being dissatisfied with some body parts is common for individuals your age.
4. As young children, we were taught to like certain body sizes and shapes and dislike others.
5. In other countries, people may prefer shorter and heavier body shapes than in Canada.
6. Movie stars and magazine models your age often have body shapes that are too thin for good health.
7. The growth spurt for boys usually begins later than the growth spurt for girls.
8. Individuals your age need extra Calories to help them grow.
9. If you do not eat enough calories, you may stop growing.
10. It is not healthy for most individuals to go on weight loss diets during the childhood and early teen years.

Search for the above words in the puzzle below. The word may be spelled backward, forward, up, down, or diagonally.

D	H	I	A	V	Y	G	O	P	A	R
I	A	V	F	A	P	I	E	H	I	X
S	T	C	A	L	O	R	I	E	S	W
S	B	A	T	L	T	A	U	A	T	E
A	B	O	L	Y	S	T	N	V	A	I
T	S	S	D	I	W	A	T	I	D	G
I	H	I	O	Y	E	Y	R	E	H	H
S	H	Y	L	D	I	P	A	R	A	T
F	E	L	A	O	G	M	I	T	A	L
I	I	A	T	H	G	U	A	T	O	O
E	P	C	E	L	E	S	O	G	T	S
D	O	E	R	W	L	O	P	S	E	S

Adapted from *Healthy Growth: Nutrition Lessons for 9 - 12 year old children*, Iowa State University.

