

Name: _____

Body Image Word Search

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 _____.
2. How we think we look and how we think others see us is called _____.
3. Being _____ with some body parts is common for individuals your age.
4. As young children, we were _____ to like certain body sizes and shapes and dislike others.
5. In other countries, people may prefer shorter and _____ body shapes than in Canada.
6. Movie stars and magazine models your age often have body shapes that are too _____ for good health.
7. The growth spurt for boys usually begins _____ than the growth spurt for girls.
8. Individuals your age need extra _____ to help them grow.
9. If you do not eat enough calories, you may _____ growing.
10. It is not healthy for most individuals to go on _____ 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

