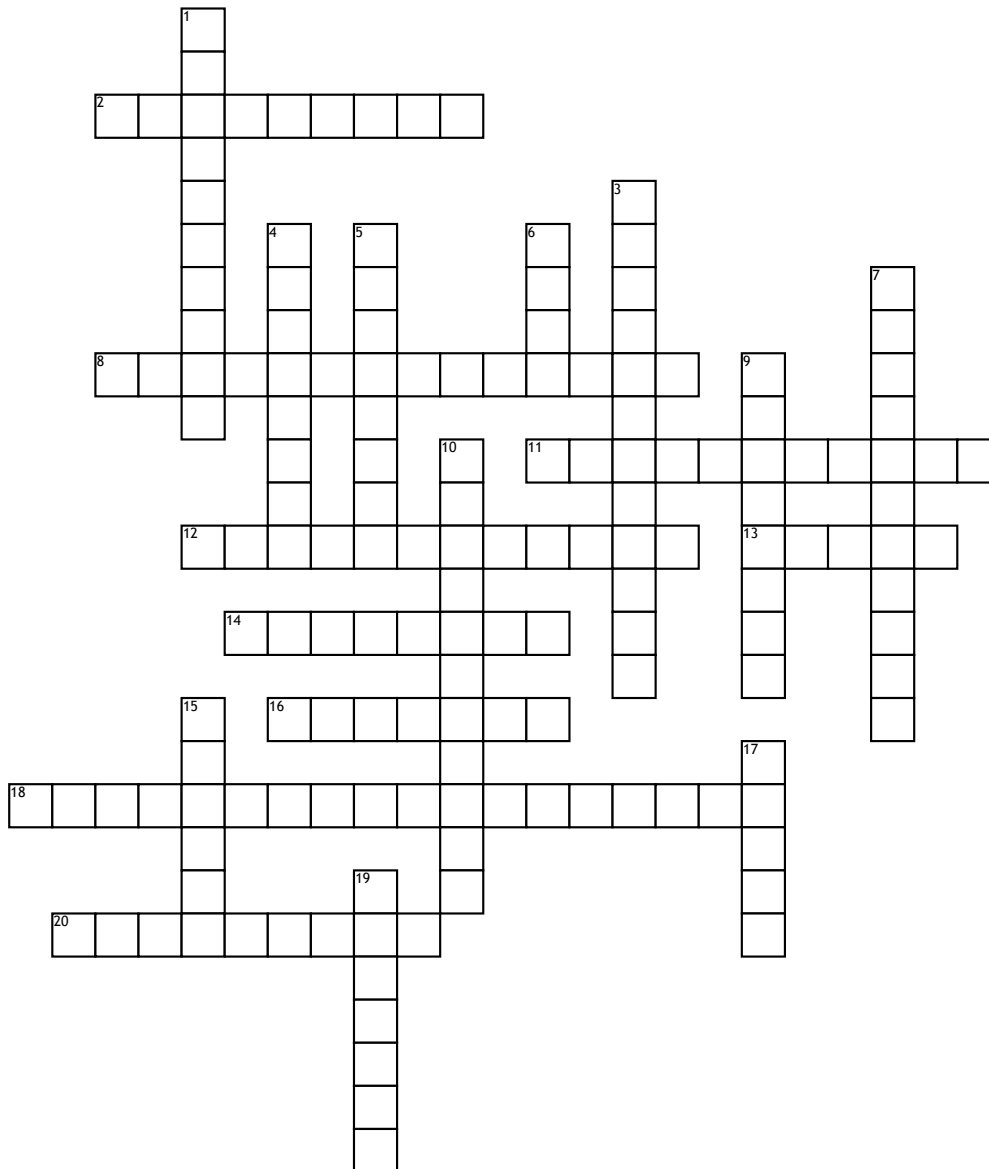


# Ch.4-6 Wordsearch



## Across

2. What is the process by which the body takes in and uses food

8. Process of treating a substance with heat to destroy or slow the growth of pathogens

11. the process of developing or moving gradually towards a more advanced state

12. to strain or put too much pressure on oneself

13. What is the fatty substance that does not dissolve in water

14. What is the units of heat that measure the energy used by the body and the energy that food supply to the body

16. having an excess amount of body fat

18. excessive amount of daily sitting

20. the process of causing something to absorb water

## Down

1. chemical process that occur within a living organism in order to maintain life

3. medical condition in which the bones become brittle and fragile from loss of tissue

4. What is the desire, rather than a need to eat

5. activity requiring physical effort, carried out especially to sustain or improve health and fitness

6. way of monitoring your exercise program

7. the quality of belonging or relating uniquely to a particular subject

9. load with too great a burden or cargo

10. the quality of bending easily without breaking

15. What is the natural physical drive that protects you from starvation

17. vegetarian who eats only plant foods

19. a session of vigorous physical exercise or training