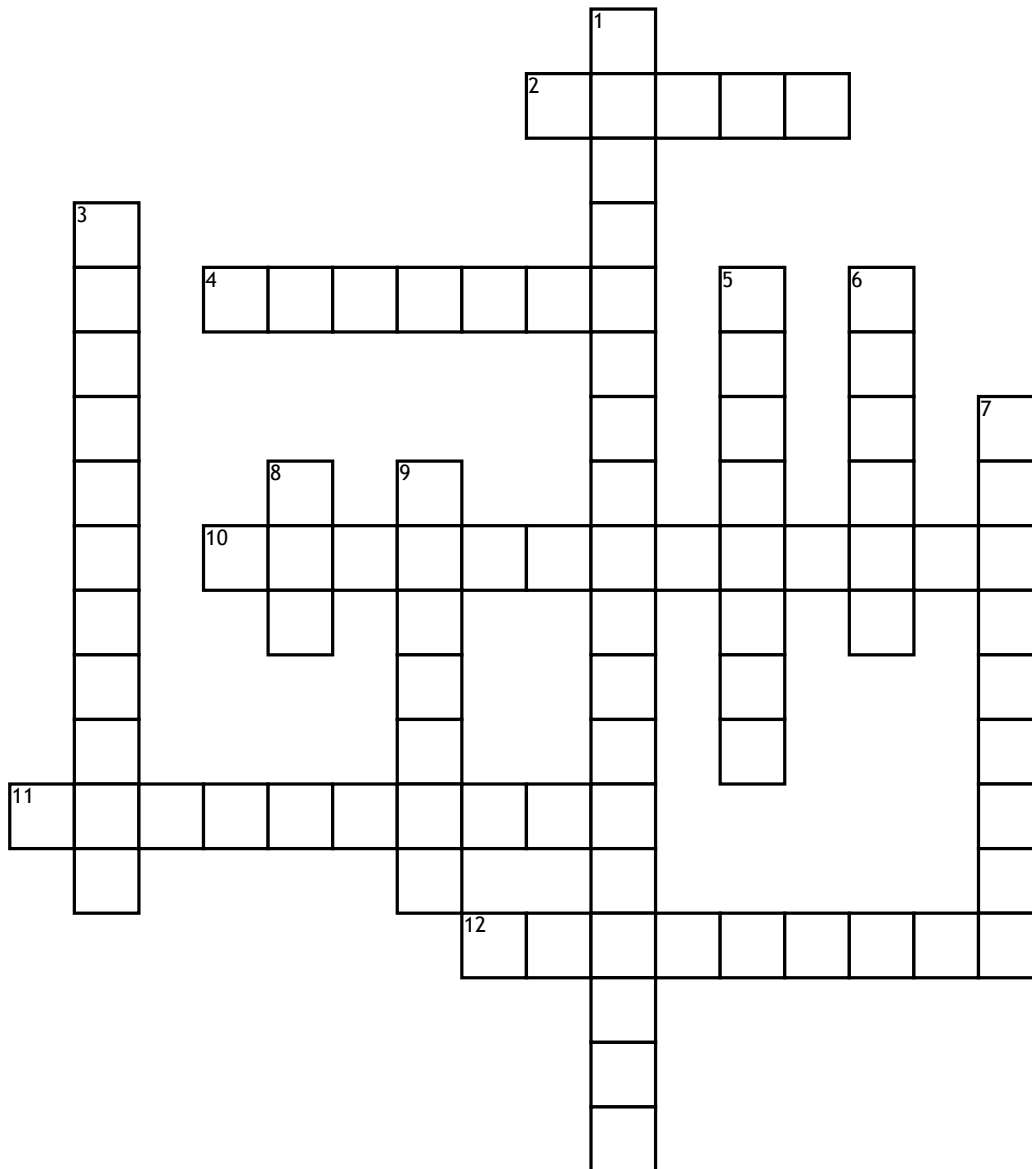


Name: _____

Date: _____

Chapter 6



Across

2. How many classes of food are there?

4. Food source for growth and repair

10. The body's preferred energy source

11. A classification of body type

12. Very thin and lean

Down

1. A person's choice to engage in little or irregular physical activity

3. Excessive loss of body water

5. Energy from food

6. A state of complete physical, mental and social well being

7. Muscular appearance, wide shoulders

8. Provides energy at low intensities

9. large fat content