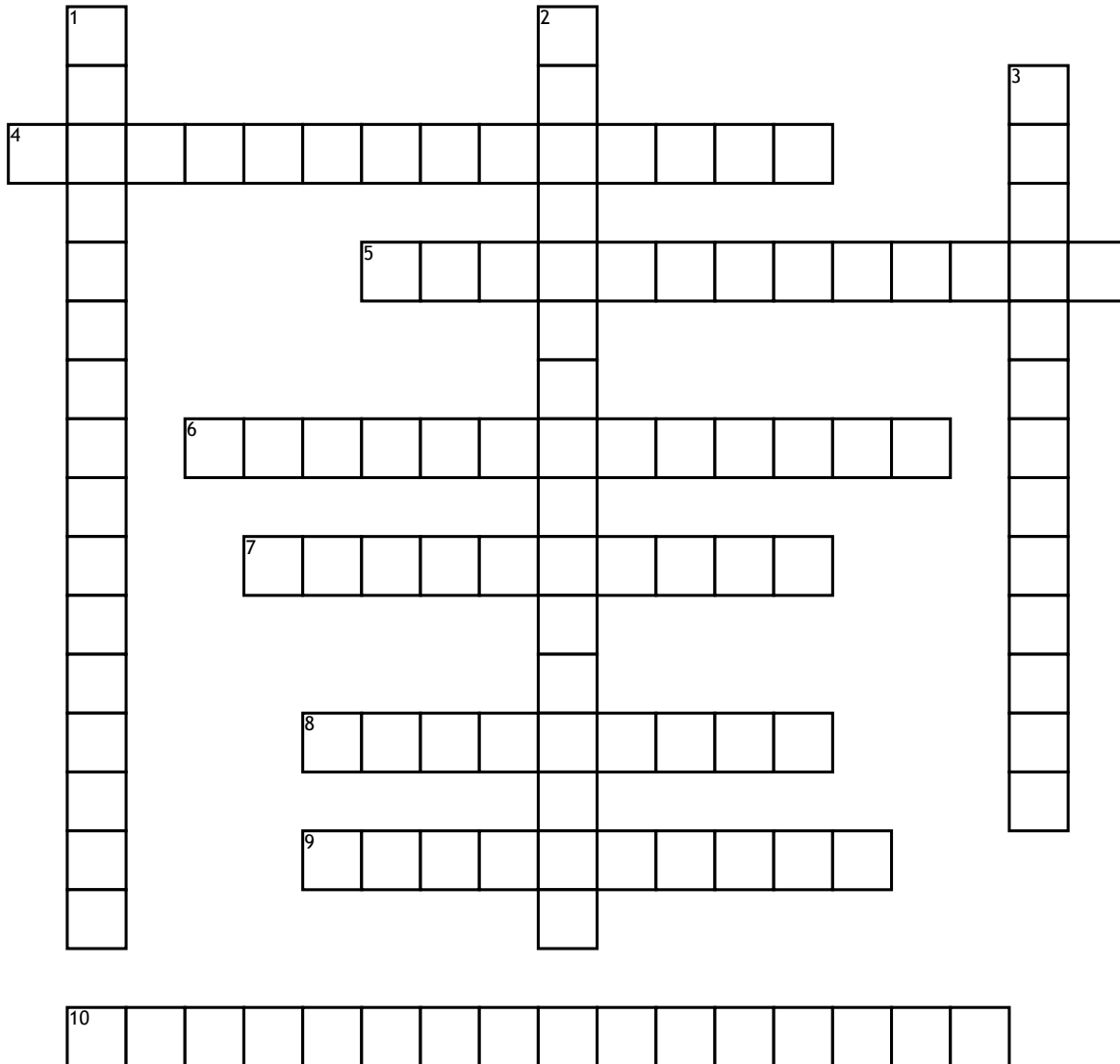


Name: _____

Date: _____

Dietary performance enhancement



Across

4. Ingesting large amounts of fluid prior to activity, also known as fluid overloading

5. A condition created when blood glucose levels are significantly reduced

6. Is the drinking and consumption of fluids via the mouth

7. The building blocks of proteins and enzymes, which are crucial for metabolism and for assisting chemical reactions within the body

8. Relating to any practice or substance that improves, or is thought to improve physical or mental performance

9. the concentration of a solution in terms of number of particles

10. Are more concentrated, so they have a higher osmolality

Down

1. an enzyme responsible for converting glucose into glycogen

2. Are essentially dehydrated sports drinks (that is concentrated carbohydrates without the water)

3. The slowing or preventing of oxidation (breakdown) of molecules