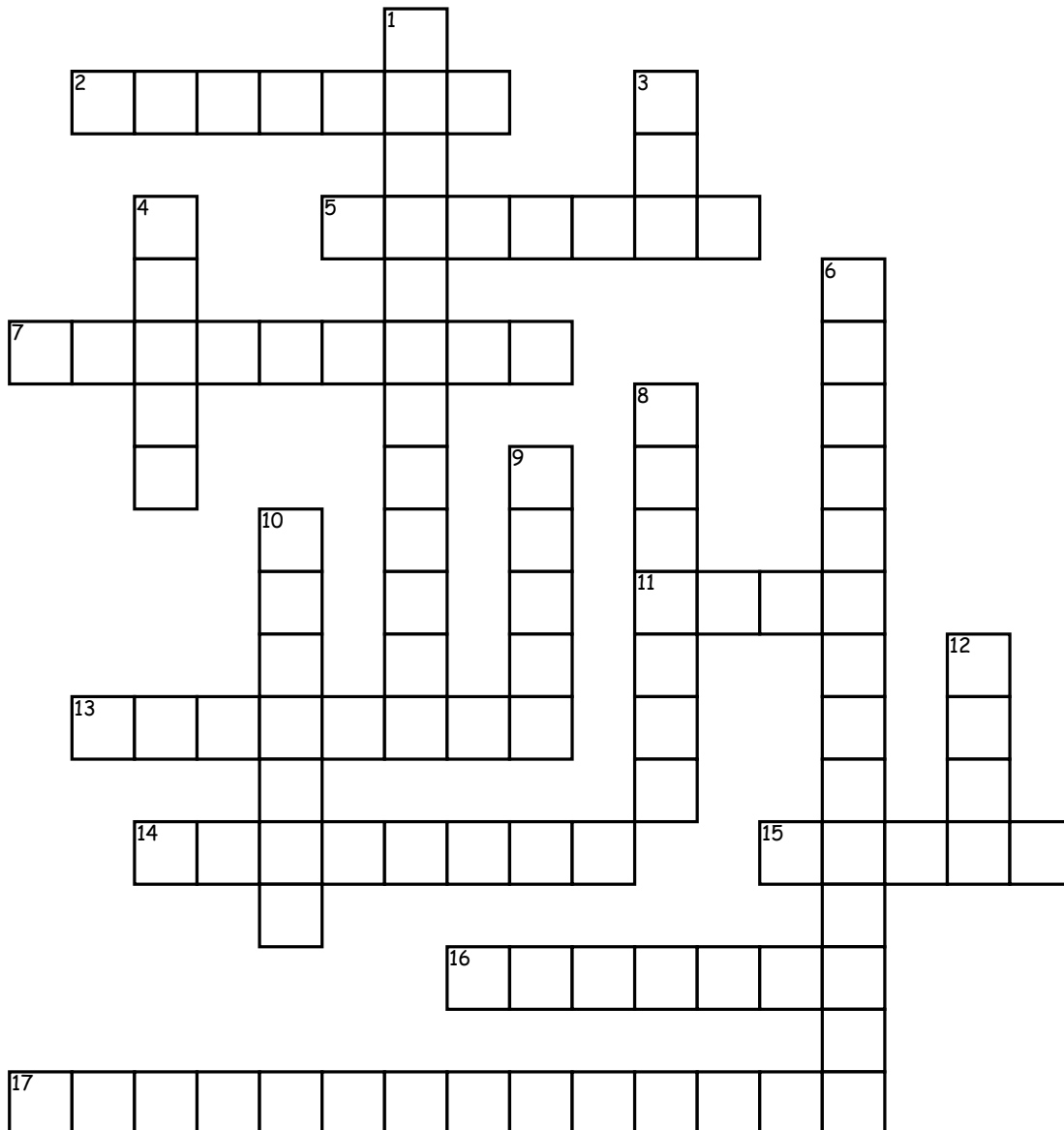


# Energy use, diet, nutrition and hydration



## Across

2. Having too much body composition as fat

5. Eating more than you burn off can cause what?

7. The rate at which are body uses energy up

11. Without it the blood would not be able to carry oxygen around the body

13. Carbohydrates are stored in the muscles and liver as what?

14. This drug increases your urine production

15. This aids the functioning of the digestive system

16. This element helps to build muscle and repair damage.

17. These are the types of food that you require in large amounts

## Down

1. This method is used by endurance athletes to enhance performance

3. This element should make up 30% of a persons diet

4. This accounts for around half of your body weight

6. These are the types of food that you need in small amounts

8. This is described as an athletes favorable weight

9. How many elements are there is a balanced diet

10. This mineral is used to help make bones strong

12. The number of factors that affect optimum weight