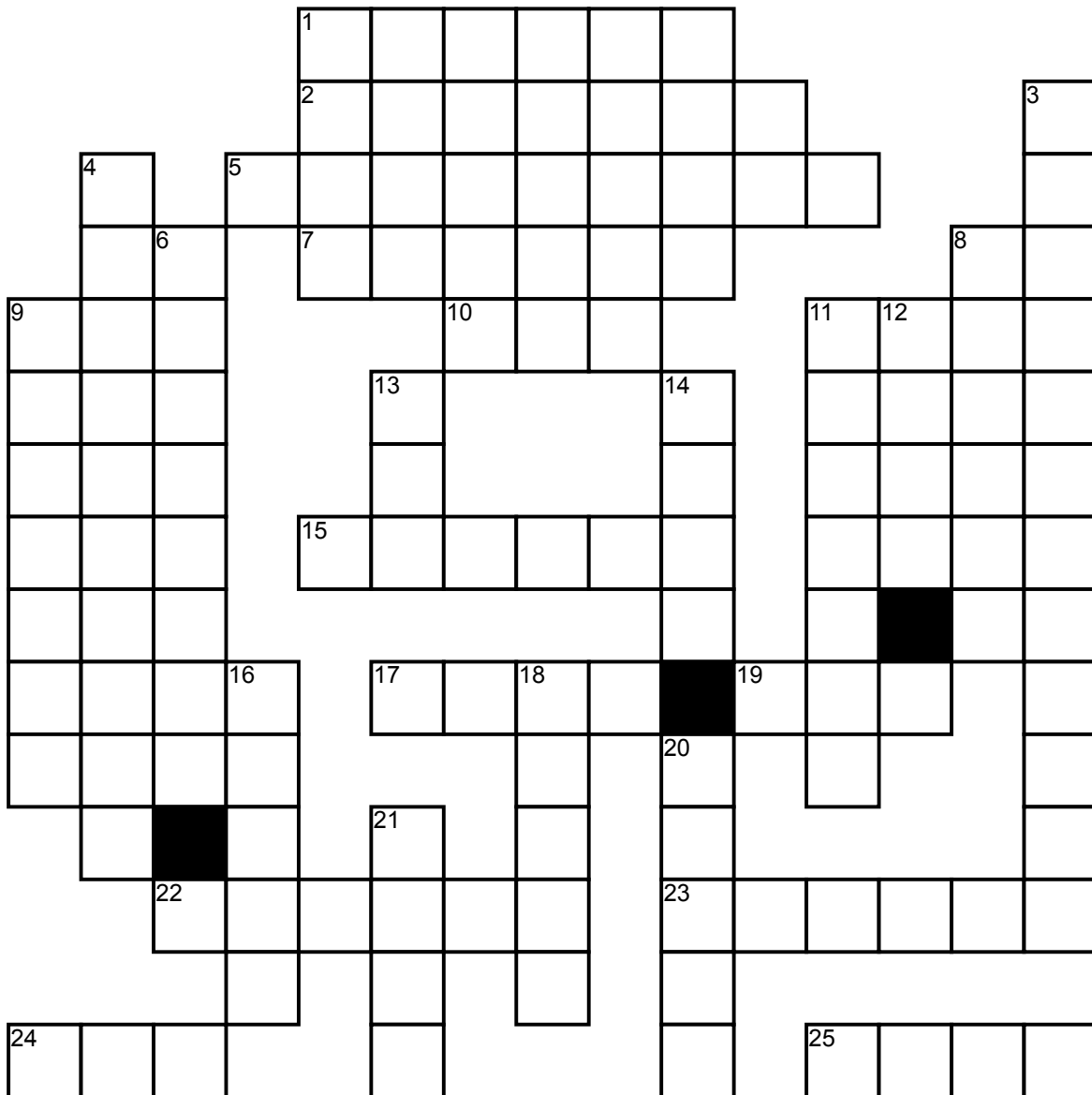


# Health Crossword (Review for Test#1 and Test#2)



**Across**

- 1. Carbohydrates are the recommended \_\_\_\_\_ source for the body in the highest percentage of calories.
- 2. Skill-related component of fitness used in field and court sports.
- 5. Type of nutrient needed from outside sources because the body cannot make enough.
- 7. Fat intake recommendations are \_\_\_\_\_ (lower/higher) \_\_\_\_\_ than recommended protein intake.
- 10. According to choosemyplate, one cup of cooked vegetables equals how many servings?
- 15. VO2 max means \_\_\_\_\_ of oxygen capacity maximum.
- 17. The organization which recommends 5 to 7 days of stretching ideally.

- 19. Omega \_\_\_\_\_ fatty acids are found in soy and corn.
- 22. The "B vitamin" which helps prevent anemia.
- 23. One of the essential amino acids.
- 24. The macronutrient with 9 calories per gram.
- 25. Blood cholesterol screenings are generally recommended every \_\_\_\_\_ years.

**Down**

- 3. Protein and \_\_\_\_\_ both have 4 calories per gram.
- 4. Type of muscle fibers used for walking. (two words)
- 6. One pound of body fat equals 3500 \_\_\_\_\_.
- 8. The interpersonal dimension of health also is the \_\_\_\_\_ dimension.

- 9. Do not exceed 90% of your \_\_\_\_\_ heart rate when exercising.
- 11. The formula for recommended grams of \_\_\_\_\_ daily is .4 grams X pounds body weight.
- 12. A serving of \_\_\_\_\_ equals only 3 ounces.
- 13. Number of pounds of maximum weight loss per week.
- 14. The letters representing the fat soluble vitamins.
- 16. An example of a high \_\_\_\_\_ pressure reading is 140/90.
- 18. Alcohol has how many calories per gram?
- 20. A milk serving and a juice serving are equal.
- 21. Drink at least \_\_\_\_\_ cup of water for every 20-30 minutes of activity.