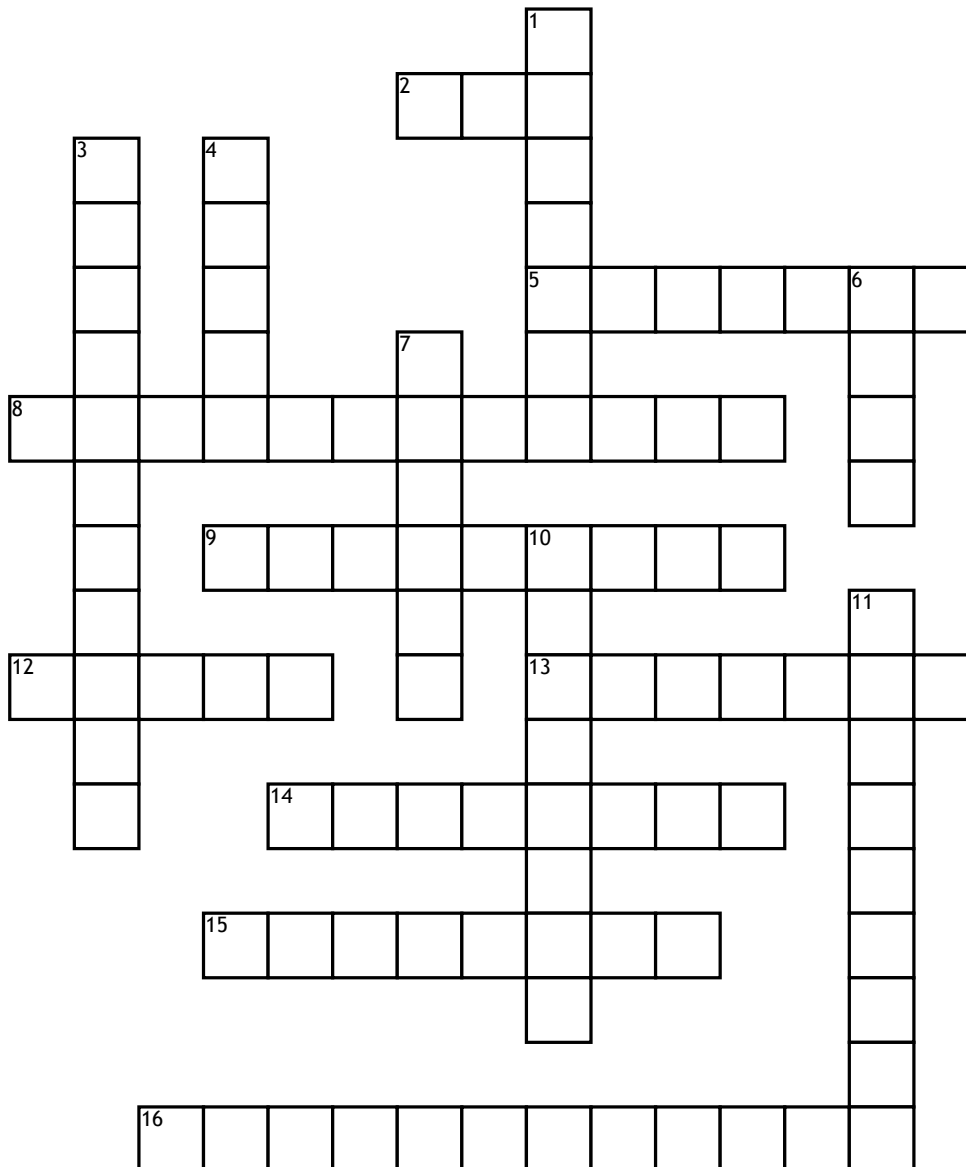


Name: \_\_\_\_\_

# Health and Wellness Activity Puzzle



## Across

- 2. The type of cholesterol that helps to clear clogged arteries
- 5. Produced without the use of chemical fertilizer.
- 8. Trans and saturated fats can cause what? (two words)
- 9. One of the most harmful fats.
- 12. Another one of the most harmful fats.

- 13. Nutrient that helps build and maintain body cells and tissues.
- 14. Sugar that occurs naturally in fruit.
- 15. Lack of insulin, resistance to insulin or high blood sugar.
- 16. High blood pressure.

## Down

- 1. A simple carbohydrate; also known as our blood sugar.
- 3. Saturated animal fats contain this waxy substance.

- 4. A plant material that your body cannot digest.
- 6. Necessary for the transportation of oxygen.
- 7. Unsaturated fats are \_\_\_\_\_ at room temperature.
- 10. A desire, rather than a need, to eat
- 11. The bodily process of breaking food down into simpler compounds the body can use.