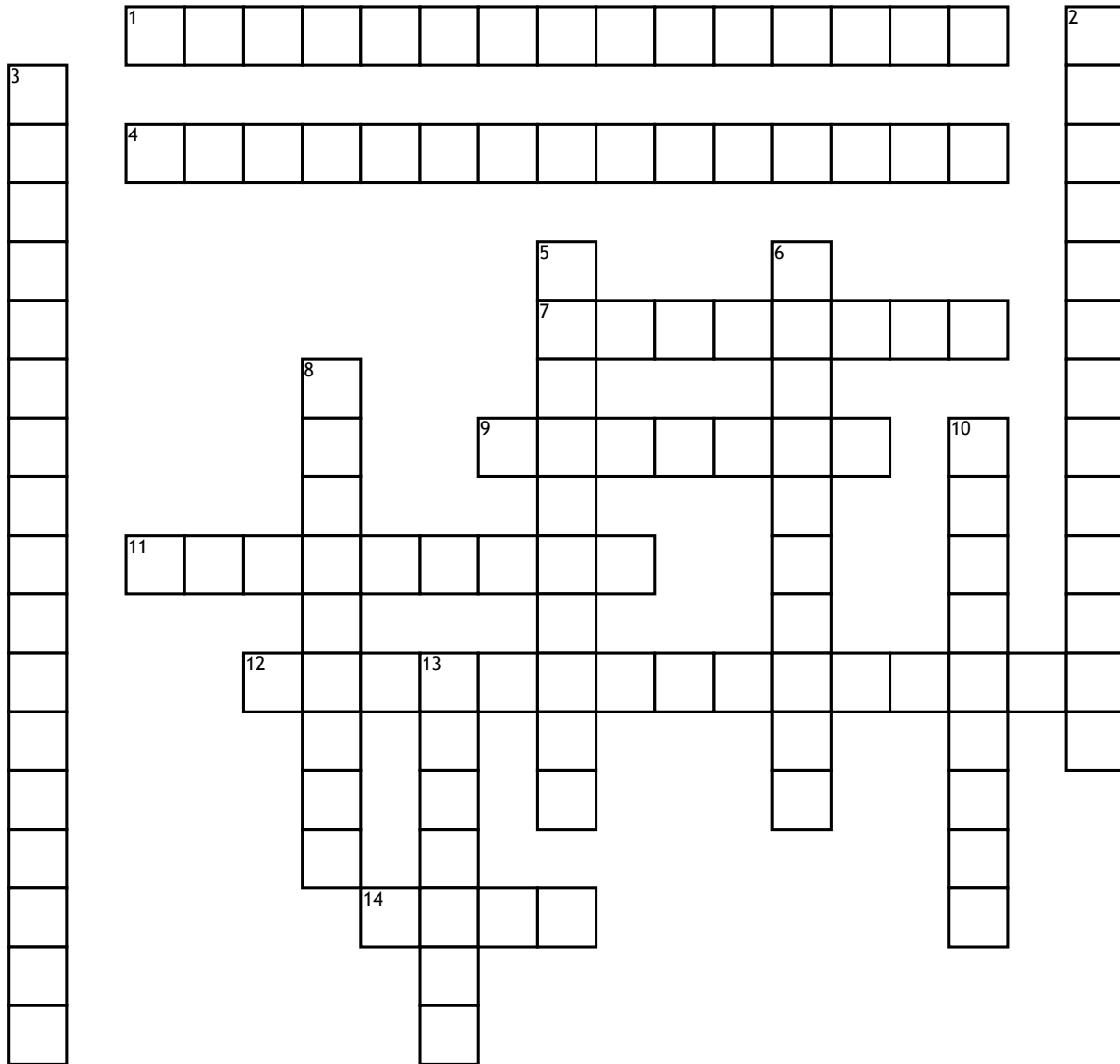


Name: \_\_\_\_\_

# Nutrition



## Across

- 1. A point at where your heart rate reaches a certain point.
- 4. The proportion of fat compared to muscles, bones, organs.
- 7. Any physical activity
- 9. A way to measure the amount of energy.
- 11. What is good for you.

- 12. Exercise that lasts a long time.

- 14. A pattern of the way you eat.

## Down

- 2. To determine one's healthy weight range.
- 3. Exercise without oxygen that lasts a short time.
- 5. Food energy = body energy.

- 6. A way to recover from exercise by reducing the amount of activity you do.

- 8. A substance in food your body needs.
- 10. The way you see yourself and imagine your body.

- 13. Being overweight