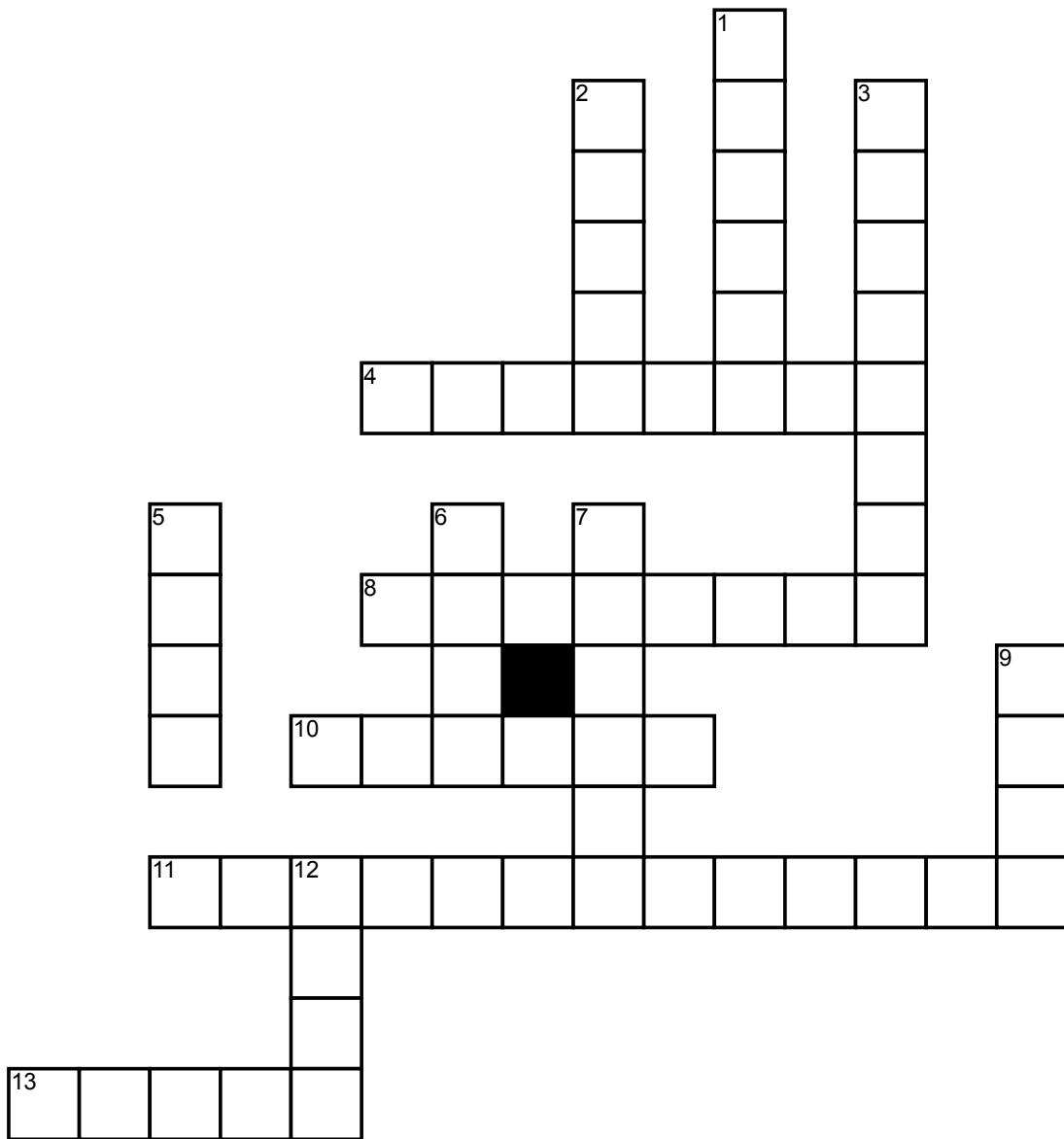


Name: _____

Protein and Physical Activity



Across

4. Some ways to eat healthy from this food group is to buy _____ chicken.
8. Walking is considered a _____ activity.
10. Physical Activity helps you to have more _____.
11. Physical Activity helps one to have better _____.

13. The Protein Group is also referred to as the meat and _____ group.

Down

1. Protein helps to build better _____ mass.
2. Protein helps to improve _____ function.
3. Eating protein can help to lower blood _____.
5. It is important to find a balance between physical activity and _____.
6. Protein contributes to better _____ density.
7. Physical Activity helps to manage _____.
9. Try to choose _____ cuts of meat.
12. A good snack to choose.