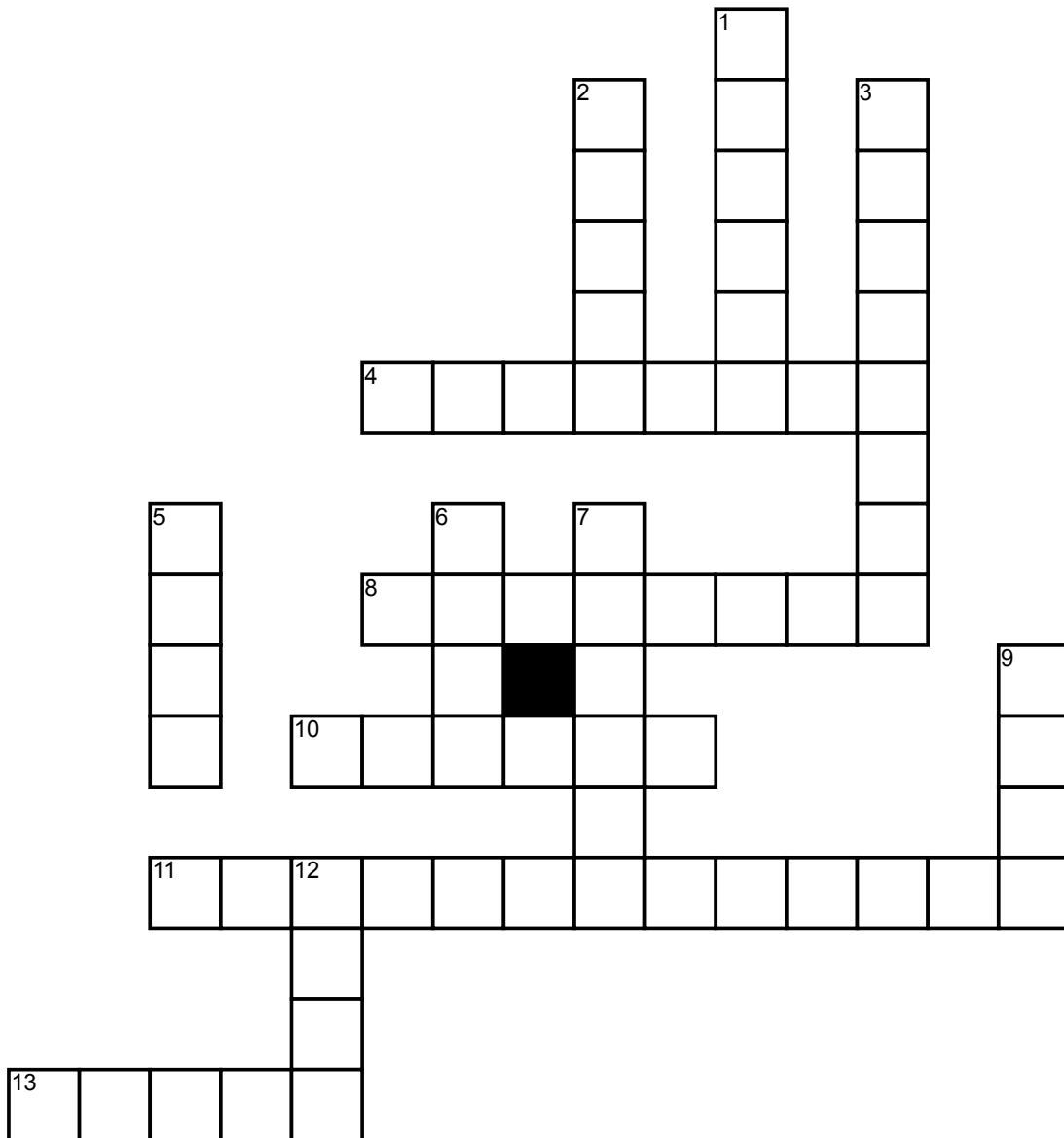


Name: _____

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.