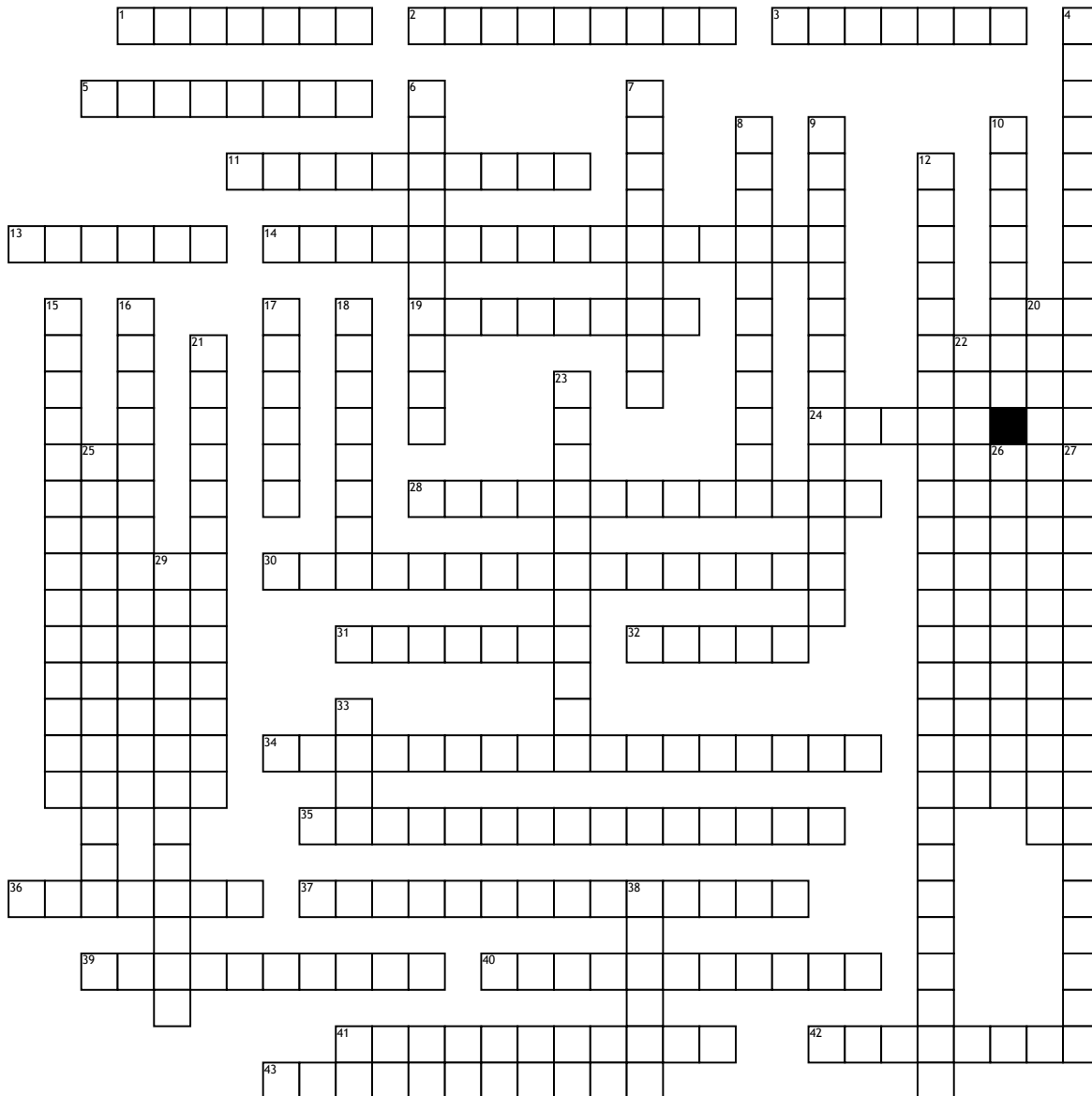


Name: _____

Date: _____

Vocabulary Words for Nutrition



Across

1. major problem in US in adolescents (65% of adults are considered to be obese or over weight)
2. stores in your body 's fat
3. helps body build new cekks, repair existing ones, helps muscles development, burned for energy after cards are gone
5. fat soluble and water soluble
11. make up proteins, are 20 types but only need 9
13. powerful microcomputer interperets absorption of light by fat
14. rate of fat to tissue
19. self starvation
24. body is made up of 60% of
28. addition to exercise
30. force
31. eating large amounts then vomits or using laxatives
32. too much fat
34. Short burst without using oxygen, ex- spirting, lifting

Down

35. little or no movement
36. How we measure how to much energy a food has?
37. HDL
39. weights more than deserable
40. goes in body and body gets rid of unneeded
41. range of motion
42. can be opened or closed, abreak in bone or cartilage
43. gaining and losing weight over years
4. being too thin
6. painful muscle cramps
7. freezing of tissue fulids with damage to the skin
8. combination of anerexia and bulimia
9. a balances diet helps
10. thickness of skin to measure fat
12. long periods of vigorous activity

Across

15. rate which calories are consumed by body for energy
16. clammy skin, weak pulse, heavy sweating, shallow breathing, nausea, dissiness, weakness
17. overstretching of a muscle
18. build and repair tissues, needed for enzyme activity and bone formation
20. Ups our body 's use of oxygen, ex - jogging, swimming
21. gaining and losing weight over years
22. complex and simple
23. tank of water to measure fat
25. LDL
26. hot, dry, red skin - confusion or unconsciousness
27. not getting fatigue
29. measurement of the energy present in high energy foods with poor nutritional value
33. saturated and unsaturated
38. injury to the tissues surrounding a joint