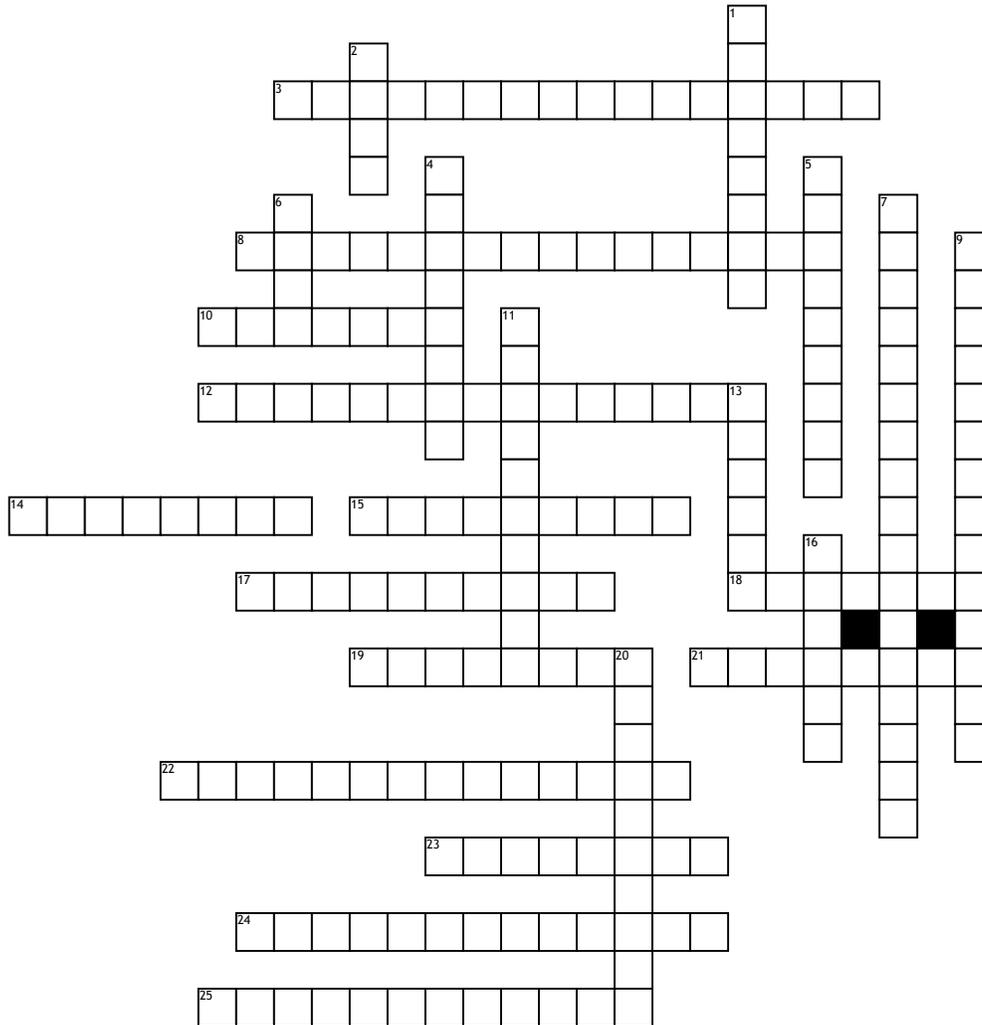


Name: _____

Chapter 9: Wellness Management



Across

- 3. Refers to what happens to food when it is cooked using particular methods, such as frying, grilling, and broiling.
- 8. The study of how the proper balance and digestion of nutrients can result in good health, and how imbalances, deficiencies, and stress can lead directly to disease and even death.
- 10. This mineral is required for muscle contraction
- 12. These fuel the body
- 14. This vitamin enhances capillary strength
- 15. Consists of building macromolecules from the energy nutrients.
- 17. How your body changes the food into forms it can use to provide energy
- 18. This is the fast track of aging and ages all skin, not just the face

- 19. This vitamin helps hair, skin, and nails stay supple and glowing. A deficiency of Vitamin A can cause dry, cracked skin and brittle hair and nails.
- 21. This vitamin slows down skin aging, protects cells, and acts as an antioxidant.
- 22. An automatic response to a potentially hazardous situation releases energy via hormones and enables us to respond in a way we would not normally be able to
- 23. This vitamin affects blood clotting.
- 24. This indicates that the stress response is long-term rather than immediate
- 25. This is a powerful deterrent to disease and aging

Down

- 1. This vitamin greatly aids in skin respiration, resulting in a vitalized appearance.
- 2. This mineral helps the immune system fight off invading bacteria and viruses and helps wounds heal.

- 4. This vitamin is essential in the formation of collagen protein, which gives skin its stretching properties.
- 5. Learning how to do this slowly and deeply is a great way to mitigate stress
- 6. Stress slows down the process of cell turnover and makes the skin look sallow and ____.
- 7. These occur when the body cannot properly digest particular foods
- 9. These are situations that bring on a stress response, are countless and different for everyone
- 11. The digestive process where the body breaks down large units of living matter into smaller units that are then released as either energy or waste.
- 13. It is important to recognize, understand, and manage this to stay healthy and ensure quality of life
- 16. This mineral helps produce and maintain new cells
- 20. Glycation is a known contributor to this disease

Word Bank

- | | | | | |
|------------|-------------------|-------------------|------------------|--------------------|
| zinc | Maillard reaction | smoking | Vitamin E | Vitamin K |
| Vitamin D | Calcium | folate | Catabolism | Food sensitivities |
| Vitamin P | Alzheimers | Antioxidants | Vitamin A | Breathing |
| Metabolize | Stress triggers | Energy nutrients | Dull | Vitamin C |
| Anabolism | stress | Nutrition science | Flight or flight | Chronic stress |