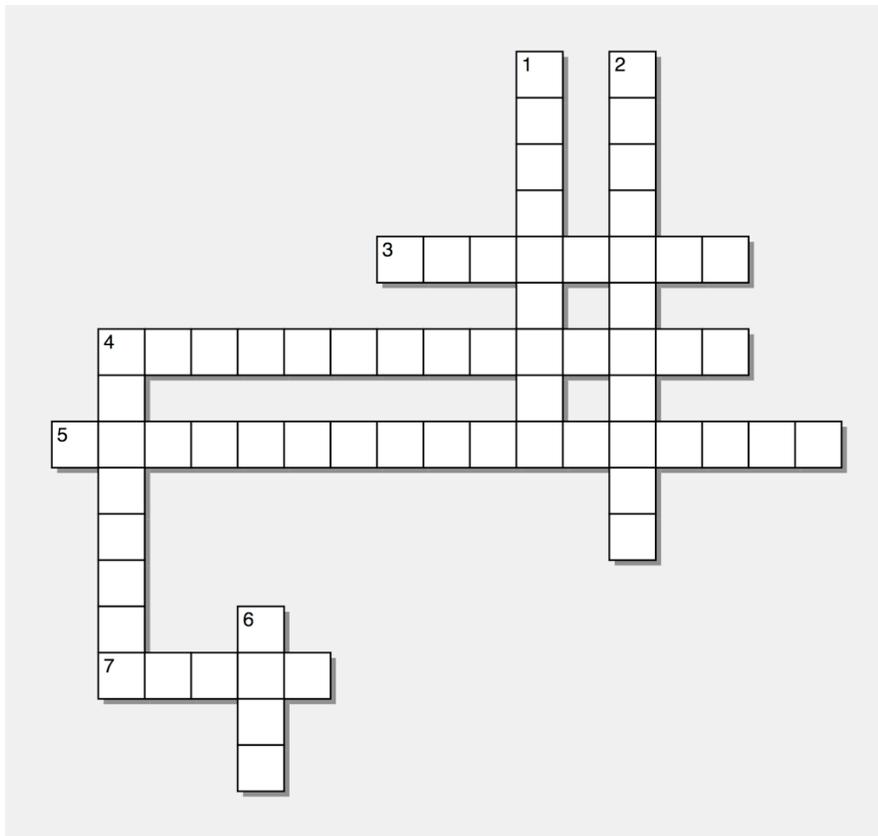


PHYSICAL EDUCATION CROSSWORD PUZZLE

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

Complete the puzzle. Then, talk to a family member or friend about what each word means to you.

**Energy Balance**



**Across**

- 3) Substances that are essential for normal growth and nutrition. [VITAMINS]
- 4) Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates. [MACRONUTRIENTS]
- 5) The number of calories a person needs to be physically active. [ENERGYEXPENDITURE]
- 7) A carbohydrate that is found naturally in fruits, vegetables, and milk products. It is also added to many foods during processing. [SUGAR]

**Down**

- 1) A supply of water to the body to restore or maintain a balance of fluids. [HYDRATION]
- 2) The amount of food a person decides to eat at one time. [PORTIONSIZE]
- 4) Substances in food, like iron, calcium, and potassium, that help the body grow and stay healthy. [MINERALS]
- 6) A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keep nerves operating. [SALT]