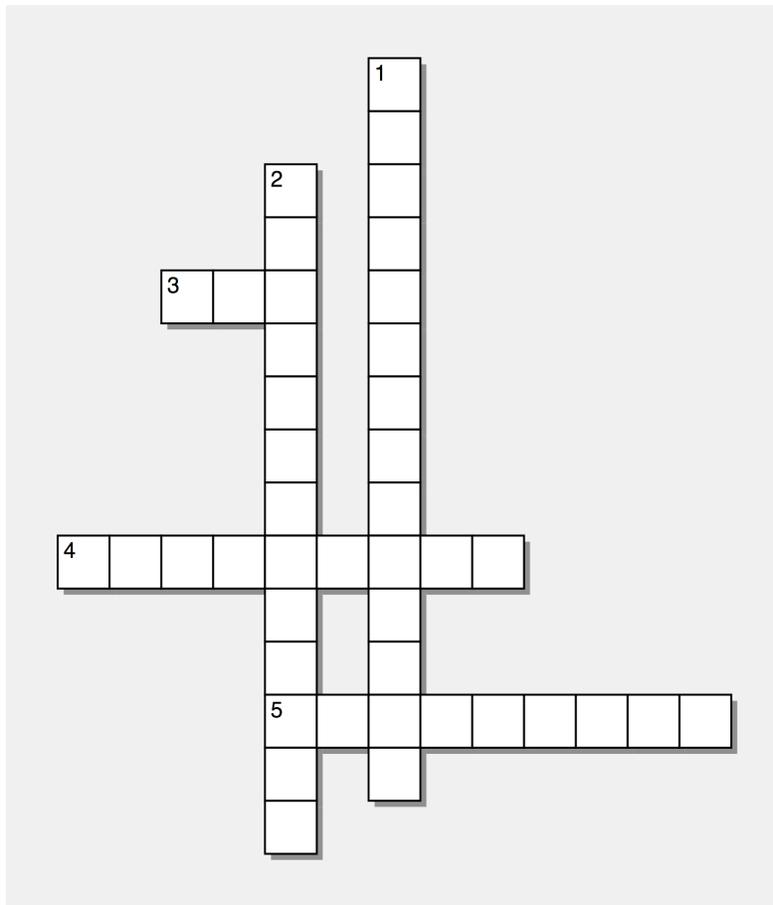


PHYSICAL EDUCATION CROSSWORD PUZZLE

Name: _____

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

Energy Balance



Across

- 3) A way of measuring physical activity intensity level by how hard you feel your body is working. [RPE]
- 4) A supply of water to the body to restore or maintain a balance of fluids. [HYDRATION]
- 5) Substances in food that provide nourishment essential for growth and development. [NUTRIENTS]

Down

- 1) Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates. [MACRONUTRIENTS]
- 2) The balance between calories taken in from food compared to calories burned through physical activity. [ENERGYBALANCE]