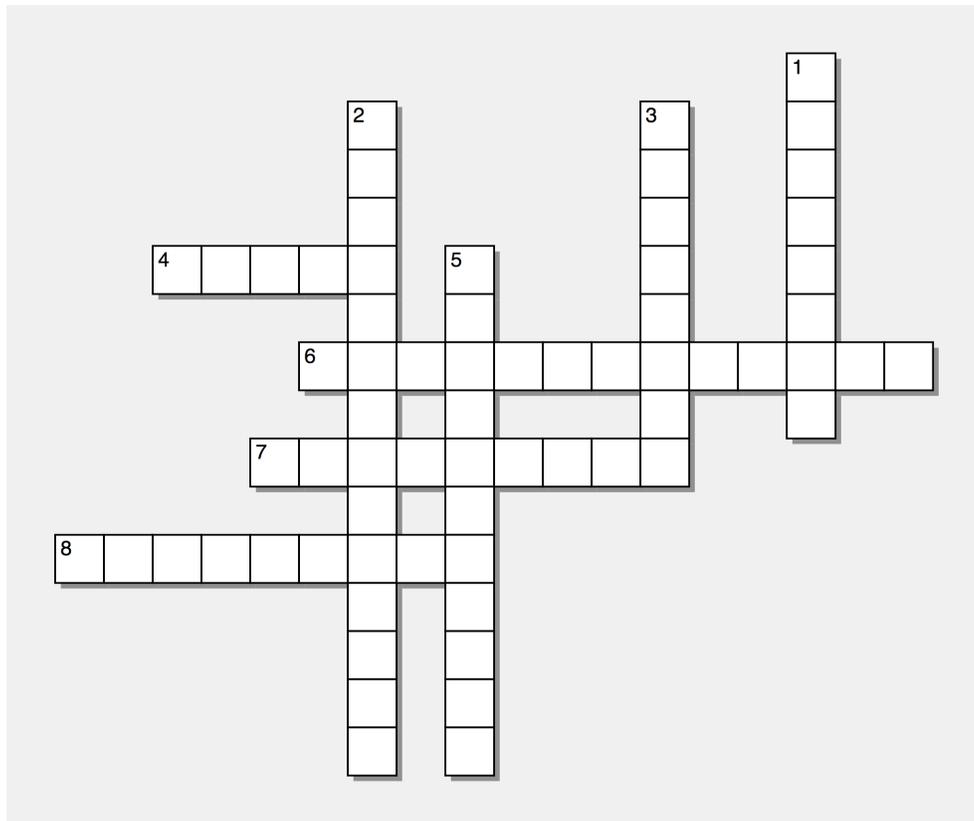


PHYSICAL EDUCATION CROSSWORD PUZZLE

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

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

**Energy Balance**



**Across**

- 4) A carbohydrate that is found naturally in fruits, vegetables, and milk products. It is also added to many foods during processing.
- 6) The balance between calories taken in from food compared to calories burned through physical activity.
- 7) Substances in food that provide nourishment essential for growth and development.
- 8) A supply of water to the body to restore or maintain a balance of fluids.

**Down**

- 1) Substances that are essential for normal growth and nutrition.
- 2) Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.
- 3) Substances in food, like iron, calcium, and potassium, that help the body grow and stay healthy.
- 5) The amount of food a person decides to eat at one time.