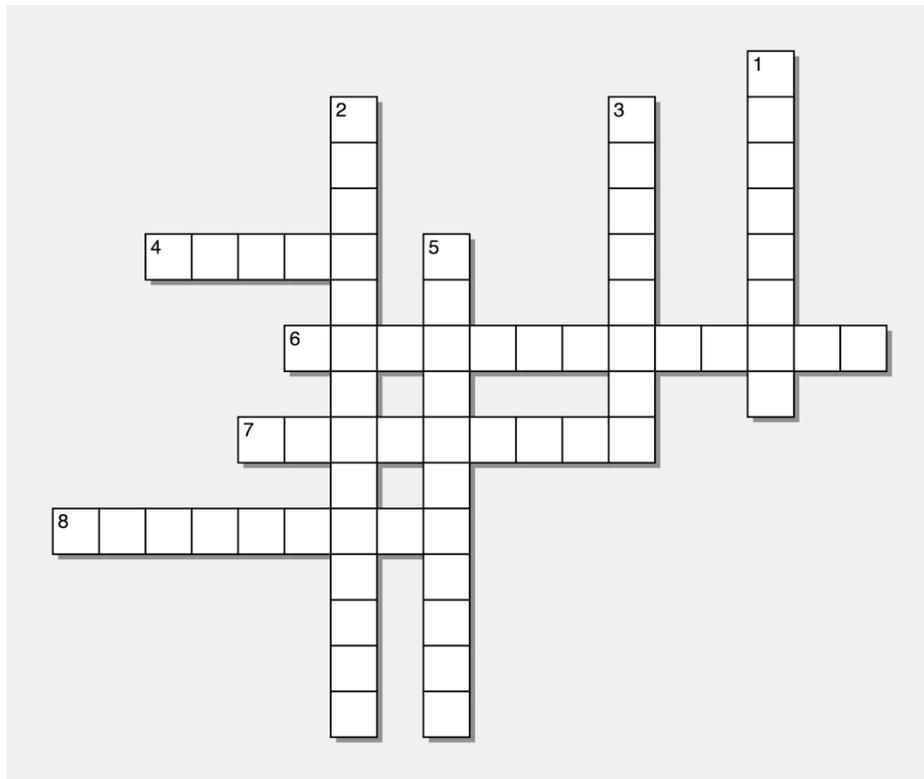


PHYSICAL EDUCATION CROSSWORD PUZZLE

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. [SUGAR]
- 6) The balance between calories taken in from food compared to calories burned through physical activity. [ENERGYBALANCE]
- 7) Substances in food that provide nourishment essential for growth and development. [NUTRIENTS]
- 8) A supply of water to the body to restore or maintain a balance of fluids. [HYDRATION]

Down

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