

## PHYSICAL EDUCATION MAGIC SQUARE

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

### Energy Balance Magic Square [9.5]

The Magic Number is: 135

**Directions:** Match each vocabulary word with the correct definition. Then write the number of the definition in the box with the corresponding letter. The number total for each row and each column will all equal the same number, which is called the magic number.

A.	B.	C.
D.	E.	F.
G.	H.	I.

- A. Body Composition
- B. Body Mass Index
- C. Caloric Expenditure
- D. Caloric Intake
- E. Chronic Disease
- F. Energy Balance
- G. Fat
- H. Sodium
- I. Sugar

- 41. A simple type of carbohydrate that is found naturally in fruits, vegetables, and milk products.
- 42. Measurement of the percentage of fat, muscle, water and bone found in the human body.
- 43. A disease lasting 3 months or more.
- 44. Weight-to-height ratio, calculated by dividing one's weight in kilograms by the square of one's height in meters and used to determine healthy body mass.
- 45. The relation between intake of food and output of work.
- 46. The major storage form of energy in the body. Also a macronutrient found in meats, nuts, oils, fish, and some dairy products.
- 47. Number of calories that a person consumes on a daily basis.
- 48. A mineral that helps maintain blood pressure, manages the amount of water in the cells, and keep nerves operating.
- 49. Number of calories that you burn in a given day.