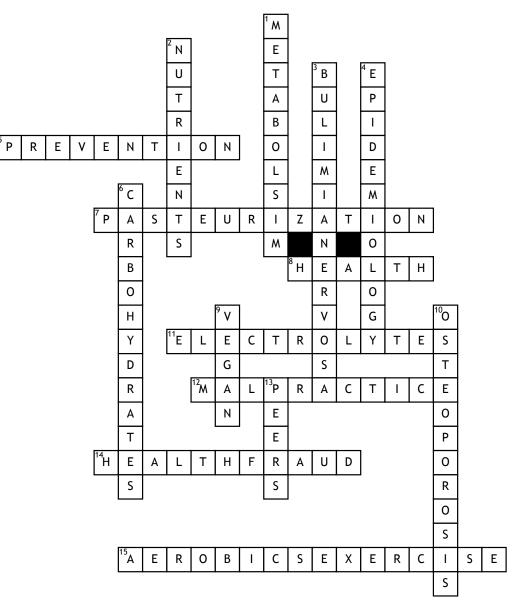
## Health and Wellness Exam Review



## <u>Across</u>

**5.** practicing health and safety habits to remain free of injury or disease.

7. the process of treating a substance with heat to destroy or slow the growth of pathogens
8. combination of physical, mental/emotional, and social well-being

**11.** minerals that help maintain t he bodys fluid balance

**12.** failure by a health professional to meet accepted standards

14. the sale of worthless products or services that claim to prevent diseases or cure other health problems
15. any activity that uses large muscle groups, is rhythmic in nature, and can be maintained continuously.

## <u>Down</u>

 process by which your body gets energy from food
 substances in food that your body needs to grow, to repair itself, and to supply you with energy 3. disorder in which some form of purging or clearing of the digestive tract follows cycles of overeating
4. the scientific study of patterns of disease in a population

6. the starches and sugars present in foods

**9.** vegetarian who only eats plants

10. a condition characterized by a decrease in one density13. people of the same age who share similar interests