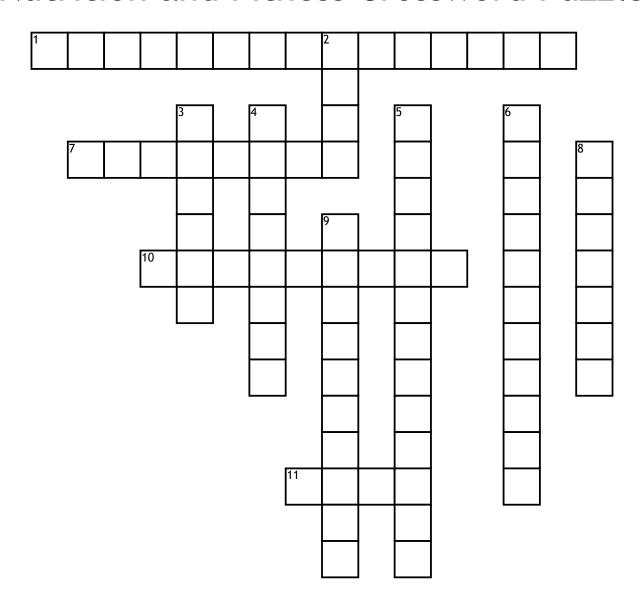
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Nutrition and Fitness Crossword Puzzle



<u>Across</u>

- 1. _____ is the ability of the body to carry out daily physical activities without getting out of breath, sore, or overly tired.
- **7.** A class of nutrients that contain carbon and are needed in small amounts to maintain health and allow growth.
- **10.** What is the science or study of food and the ways in which the body uses food?
- **11.** Frequency, Intensity, Time, Type

Down

2. _____ is an energy-giving nutrient and is the main form of energy stored in the body.

- 3. Activity that gets you ready for a workout.
- **4.** Chemical elements that are needed for certain processes such as enzyme activity.
- **5.** Energy-giving nutrient that includes sugars, starches, and fiber.
- **6.** The ability of the joints to move through their full range of motion.
- **8.** ______ is an energy-giving nutrient made up of amino acids.
- **9.** Important to warming up and cooling down. Increases Flexibility