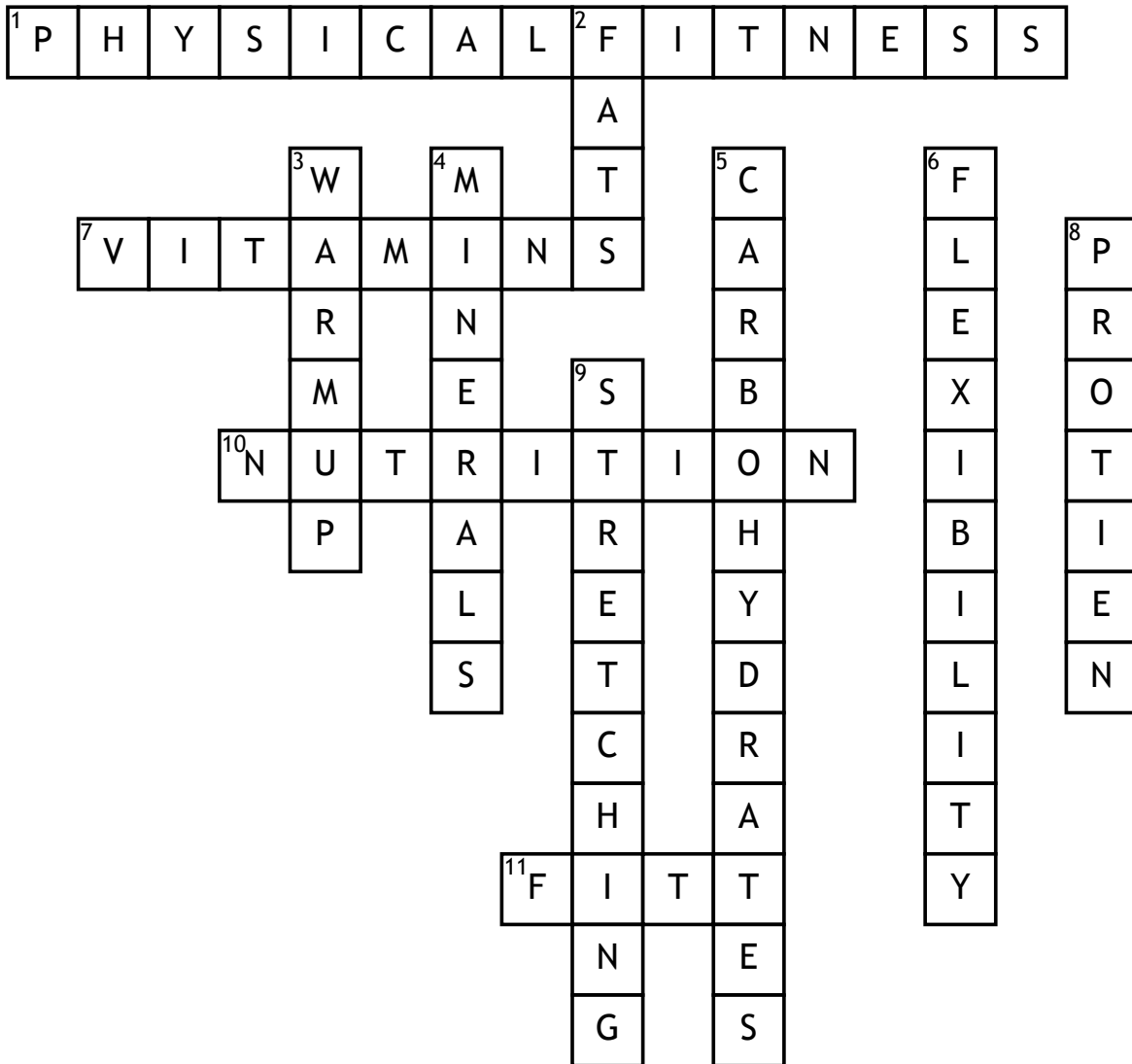


Name: _____

Date: _____

Nutrition and Fitness Crossword Puzzle



Across

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