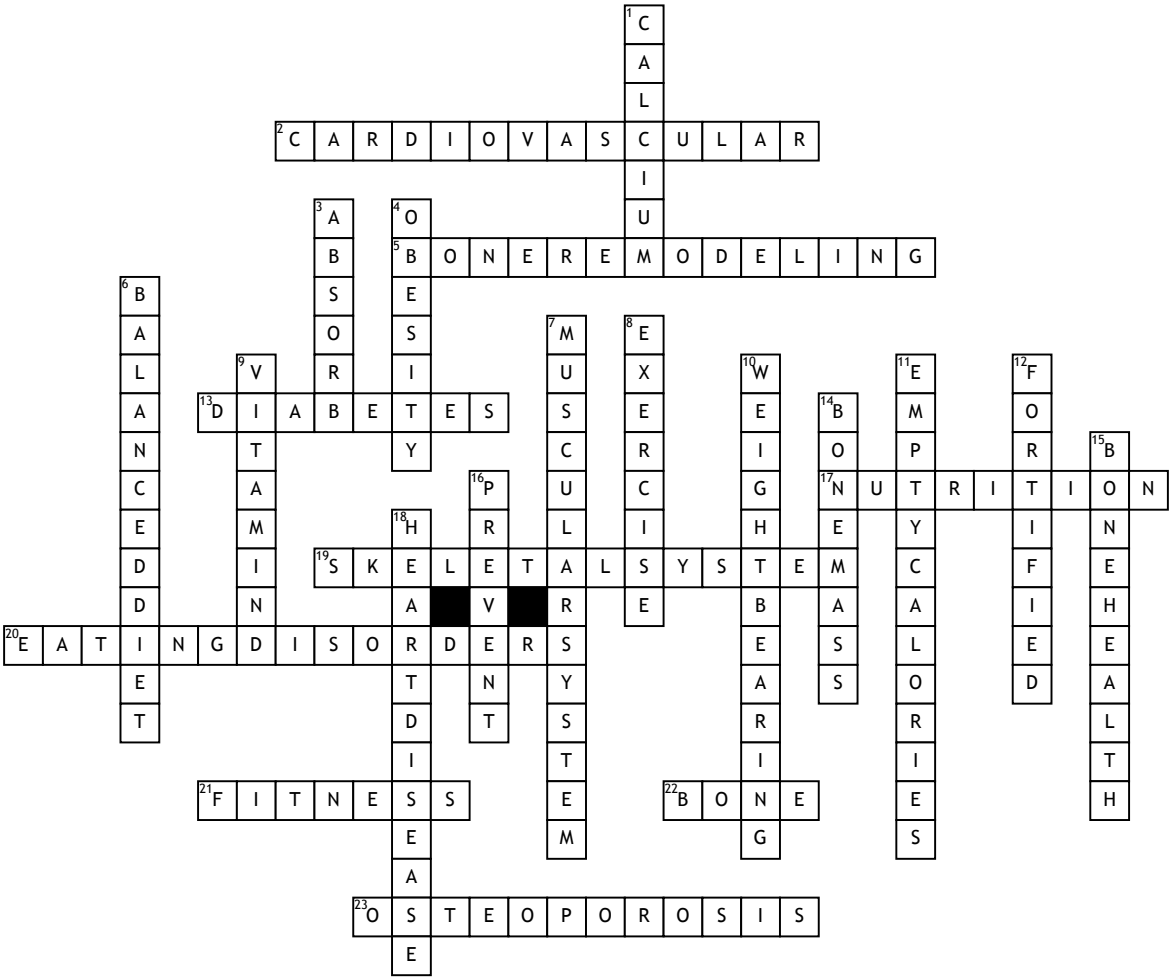
Name: _____ Date: _____

PE Crossword



Across

2. systematically raising the heart rate and maintaining it there for a predetermined number of minutes

5. the process in which old bone is broken down and new bone is formed

13. SERIOUS AND SOMETIMES fatal disease in which the body does not produce or properly use insulin, which is needed to convert sugars and starches into energy

17. the science or study of proper diet

19. a major body system made of a skeleton consisting of 206 bones; the skeletal system gives the body shape, provides places for the muscles to attach allowing movement, provides protection for major organs, helps manufacture blood, and absorbs and stores important minerals.

20. an abnormal relationship with food like anorexia and bulimia;can lead to loss of bone mass

21. healthy , in good physical condition

22. any of the hard, living tissue forming the skeleton

23. porous bone; a disease characterized by loss of tissue from bone, causing it to become brittle and easily fractured

Down

1. a mineral needed to build strong bones and teeth and essential for good health

3. to take in and make part of itself(i.e., bones take in and store calcium and other mineral)

4. a condition that occurs when a person's weight is in the unhealthy range for their height resulting in heart disease, diabetes, stroke, ect.

6. one that follows the USDA's Food Guide in order to provide all the nutrients needed to maintain growth and good health and continuously repair damaged tissues

7. a major body system involving around 600 muscles; muscles attach to bones across joints, giving the body the ability to move and bend

8. active use of the body in order to make it stronger and/or healthier

9. the vitamin necessary in order to absorb calcium

10. exercises in which your bones and muscles work against gravity; any exercise in which your feet and legs are bearing your weight; most important for building and retaining strong bones

11. foods that contain a lot of calories but are low in nutrients

12. the addition of nutrients to foods during the processing; anything fortified with a nutrient has extra amounts of nutrient

14. the strength and solidity of the bone; peak bone mass is bone at its strongest, most solid, most dense

15. a term used to define a lifetime commitment to taking care of your bones

16. to keep from happening; make impossible by prior action

18. the term used to describe a variety of heart disorders like high blood pressure, blocked arteries, heart failure, and heart attack