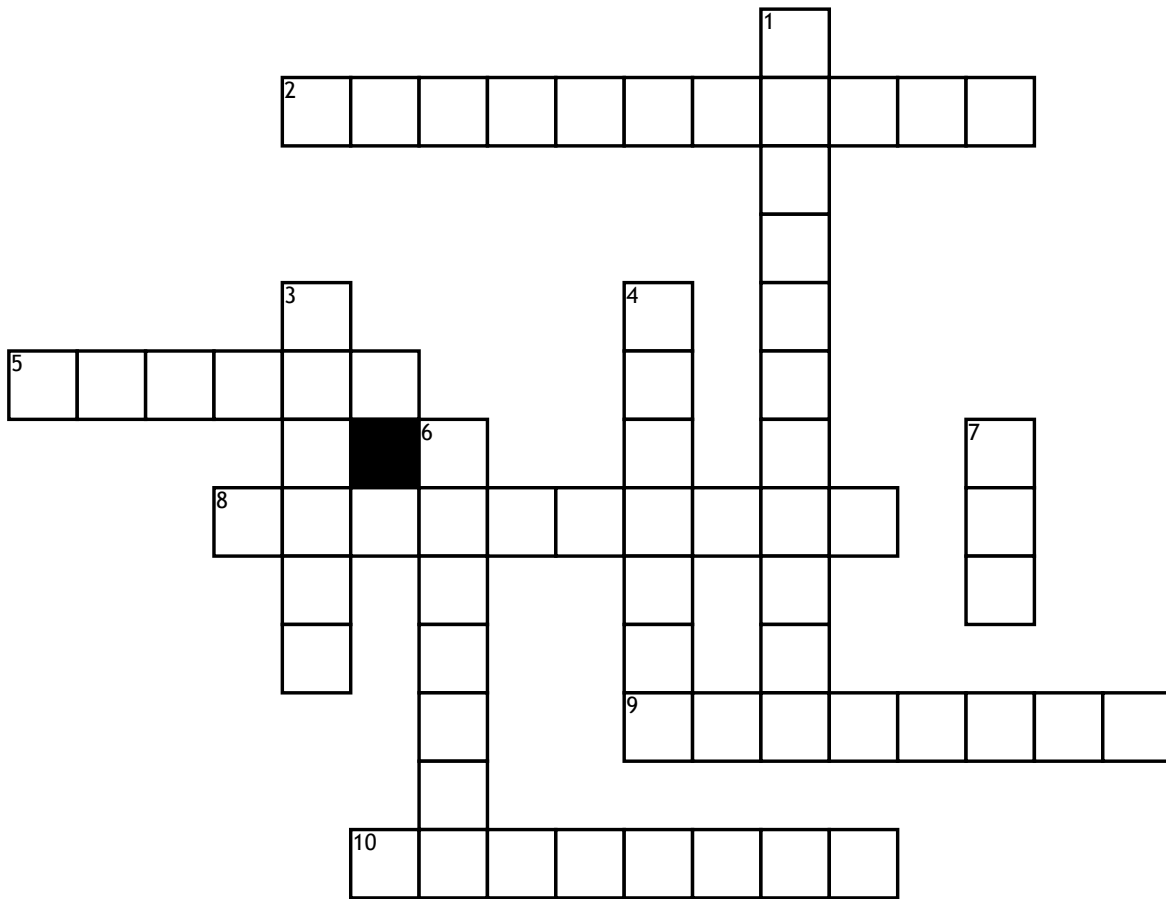


Name: _____

Date: _____

Health



Across

- 2. A waxy fat-like substance found in all cells in the body
- 5. Free from illness or injury; a person's mental or physical condition
- 8. The process by which our bodies convert and use energy from food
- 9. Activity requiring physical effort
- 10. The conscious, active process of making choices to achieve your full potential

Down

- 1. A measured amount of food which consumers may use to compare similar foods
- 3. A state of mental or emotional strain resulting from adverse or demanding circumstances
- 4. A tool to remind consumers to eat a variety of food from different food groups
- 6. A way to measure energy; a unit of food energy
- 7. A key index relating weight to height