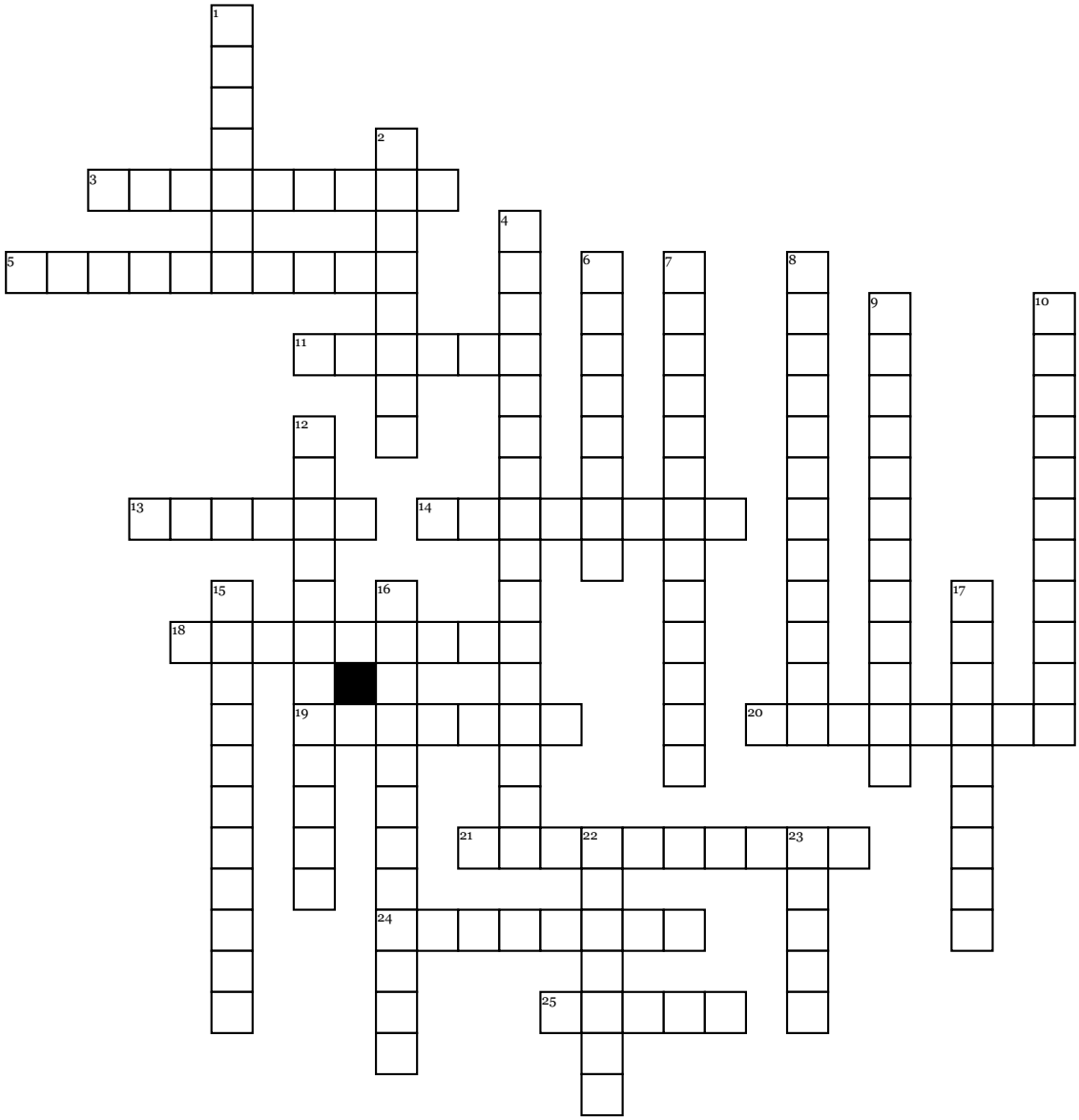
Health and Wellness



Across

3. The process of providing or obtaining the food necessary for health and growth

5. Excessive or extra weight

11. A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body

13. Combination of physical, mental/emotional, and social well-being

14. The state or condition of being in good physical and mental health

18. A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce

19. The condition of being grossly fat or overweight

20. Food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out

21. The scientific study of the human mind and its functions

24. A chronic bacterial disease that is contracted chiefly by infection during sexual intercourse, but also congenitally by infection of a developing fetus

25. Found only in plant foods

Down

1. A unit of energy in food

2. A hormone that is released from the adrenal glands in response to stress that facilitates fat storage and has a catabolic affect on muscle and connective tissue

4. Personal habits or behaviors related to the way a person lives

6. A substance that provides nourishment essential for growth and the maintenance of life

7. A measure of body weight relative to height

8. A condition that causes pain in muscles, joints, ligaments and tendons

9. A major source of energy in the diet. They are found naturally in foods such as breads, cereals, fruits, vegetables, and milk and dairy products

10. A nutritional diagram

12. A form of vitamin A found naturally in yellow/orange vegetables and fruits

15. A fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products

16. High blood pressure

17. A veneral disease involving inflammatory discharge from the urethra or vagina

22. A mineral important in building and maintaining bones, and for muscle and nerve function

23. Wheat or any other cultivated cereal crop used as food

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