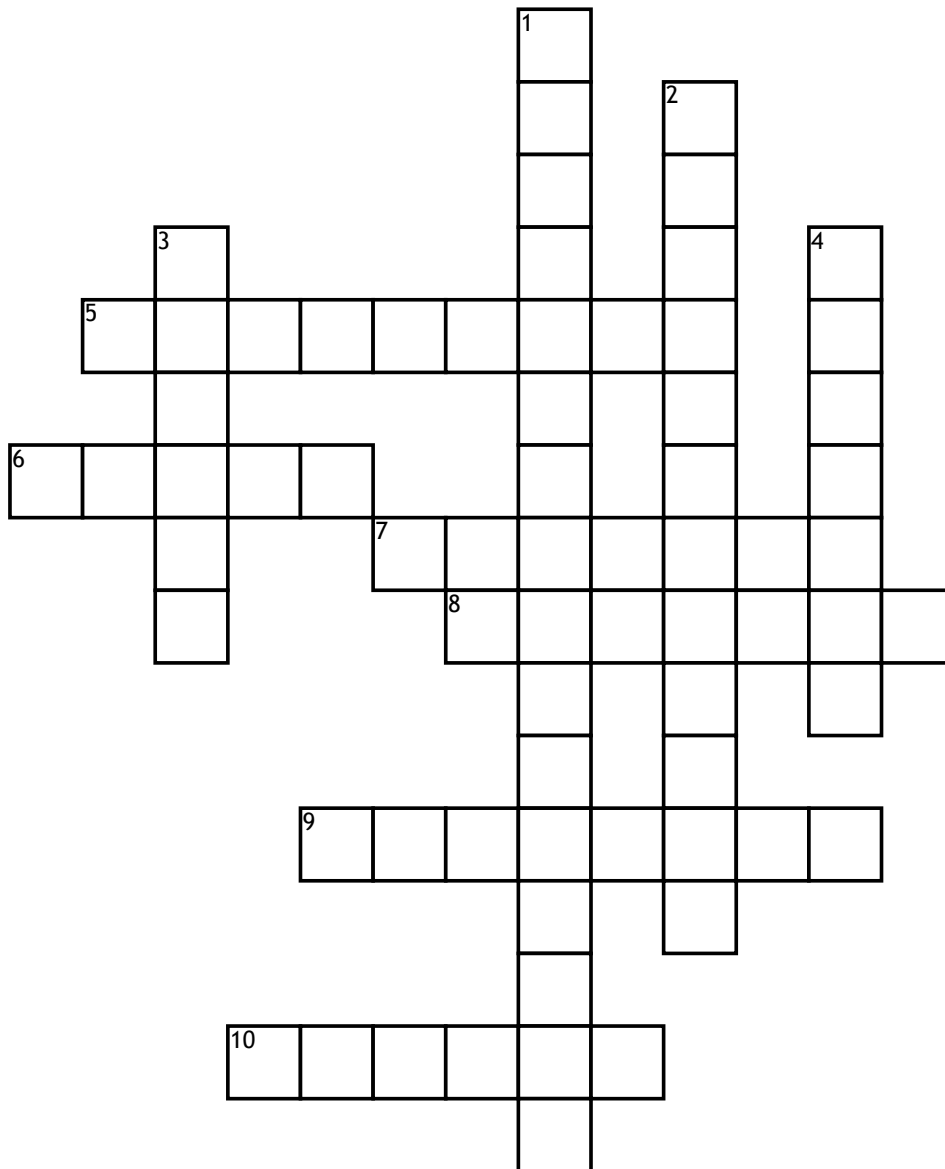


Name: _____

Date: _____

LESSON 1: INTRO TO HEALTH



Across

- 5. The act or process of nourishing or being nourished
- 6. Eating style in which only plant food is consumed
- 7. The unit used to measure energy
- 8. A feeling of fullness
- 9. Eating style in which both plant and animal foods are consumed

- 10. The complete, physical, mental, and social well-being

Down

- 1. Any form of body movement
- 2. Bad nutrition. Too little or too much nutrient intake
- 3. The need for food
- 4. Diet of which different foods are used for the same purpose