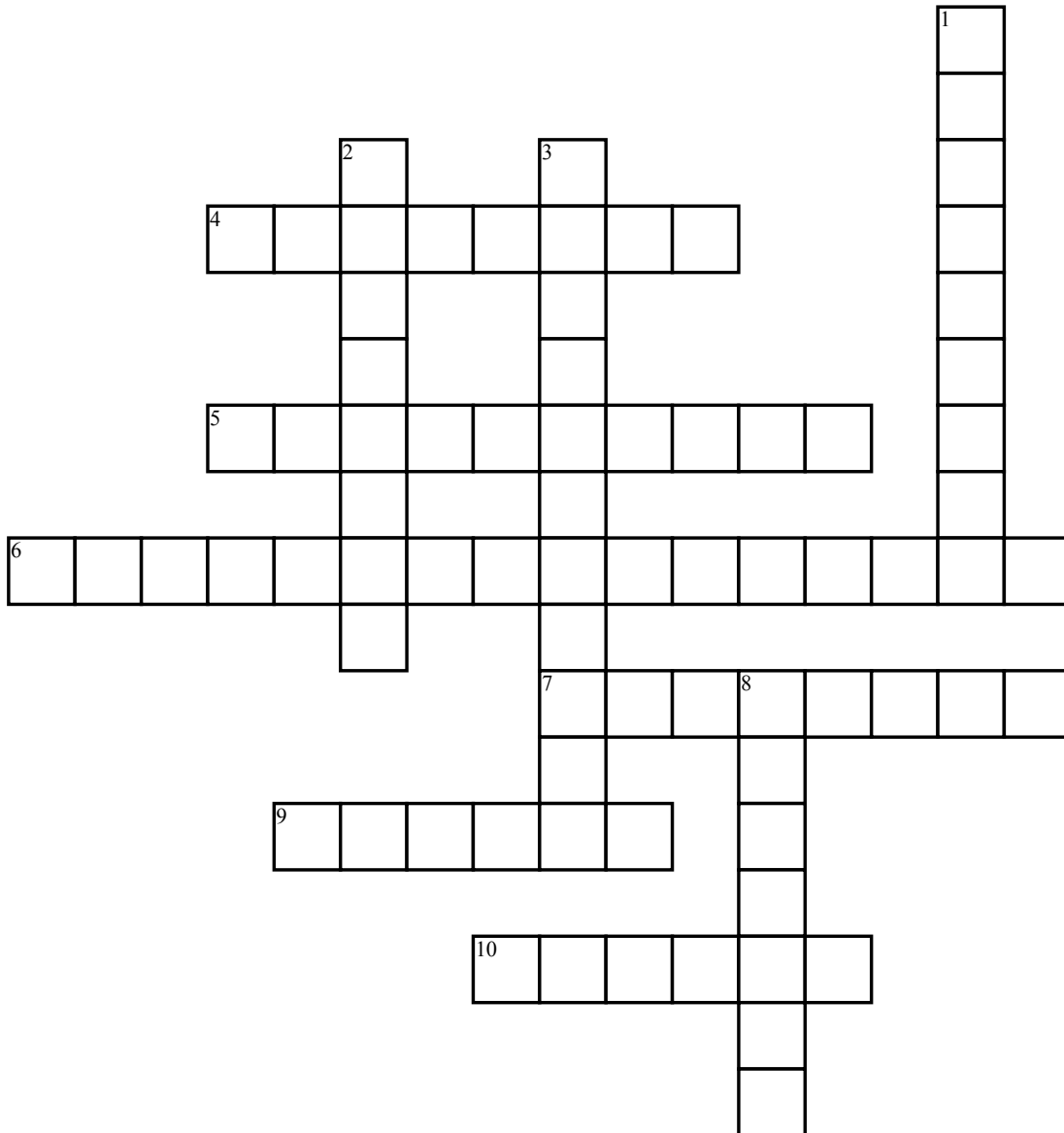


Obesity



Across

- 4. People who _____ regularly have lower incidences of cancer.
- 5. It converts the fuel in the food we eat into the energy needed to power everything we do, from moving to thinking to growing.
- 6. Helps strength our bones, clean bad cholesterol, reduce the risk of stroke and heart disease.
- 7. It secretes hormones that help determine whether the body's main metabolic activity at a particular time will be anabolic or catabolic.
- 9. It is what you feel when you are worried or uncomfortable about something.

- 10. Added to processed foods such as tomato sauce, dried fruit, and granola bars.

Down

- 1. To wake up your metabolism, remember to eat it every day.
- 2. A factors might play a role in a person becoming obese
- 3. The part in the brain that plays a role both in sleep and memory .
- 8. It is a unit that measures how much energy a particular food provides to the body.