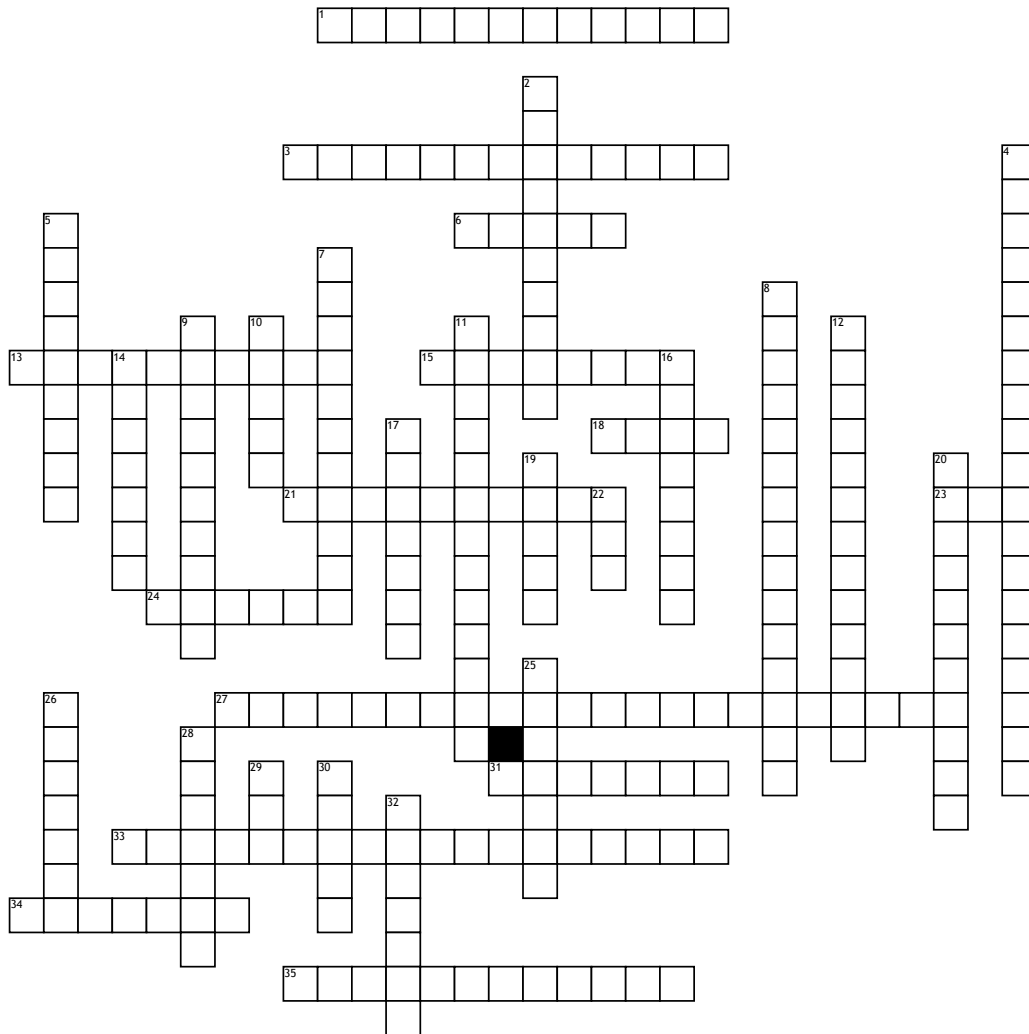


Unit 2 Vocabulary



- Across**
1. having the ability to work efficiently and effectively
 3. the pressure of your blood
 6. the amount of strength or force you have
 13. a product that you take in a pill to add to your diet
 15. a virus or sickness
 18. used as an energy source for the body. It's an oily substance found in animals
 21. a compound used to create proteins
 23. "good" cholesterol
 24. a condition that will sometimes make it hard to breathe
 27. a disease that is not contagious to other people
 31. used to measure energy value in foods
 33. the rate at which your body uses energy
 34. a food circle divided into different food groups to help you get the nutrition you need
 35. the amount of time it takes to respond to something
- Down**
2. above the normal weight
 4. a disease that can be spread from one person to another
 5. a contagious virus that occurs in your lung area
 7. Frequency, Intensity, Time and Type which helps you get fit
 8. a description of how much water, fat, muscle, etc.
 9. a chemical process of how quickly you burn fat and calories
 10. a high body temperature
 11. the amount of blood your heart pumps out in a minute
 12. provides your body with energy(starches and sugars)
 14. a substance that has lots of amino acids, and is essential to live
 16. substance used for growth includes proteins, vitamins, and minerals
 17. elements that help our bodies grow such as calcium and iron
 19. an infecting microscopic object that can cause diseases
 20. a fat-like substance found in your blood
 22. a disease that is spread through sexual contact such as HIV
 25. substances that help the body grow and provide it with nutrition, and are taken in small amounts
 26. when you can move quickly//how fast you can move
 28. being fat or overweight
 29. "bad" cholesterol
 30. how fast something or someone can move
 32. equal and stable

Word Bank

BASAL METABOLIC RATE	CALORIE	NON-COMMUNICABLE DISEASE	VITAMIN	AGILITY
PATHOGEN	VIRUS	METABOLISM	BODY COMPOSITION	CARDIAC OUTPUT
CARBOHYDRATES	OVERWEIGHT	NUTRIENT	PROTEIN	SUPPLEMENT
POWER	ASTHMA	FEVER	AMINO ACIDS	COMMUNICABLE DISEASE
FITT FORMULA	MINERAL	MYPLATE	COORDINATION	INFLUENZA
CHOLESTEROL	BLOOD PRESSURE	REACTION TIME	BALANCE	SPEED
FATS	HDL	OBESITY	STD	LDL