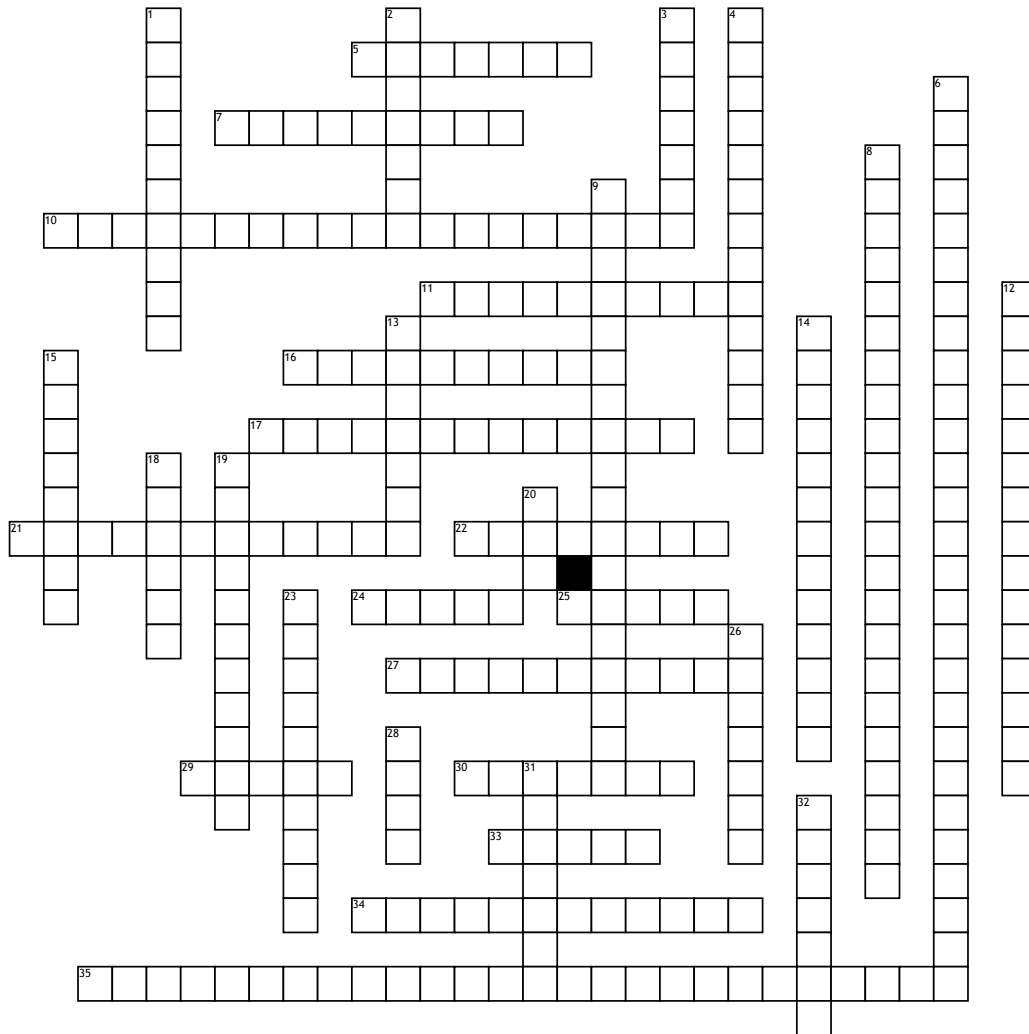


Name: _____

Unit 2 Vocabulary



- Across**
- 5. usually a size of a pill, taken to balance your metabolism and make sure you are getting all the nutrition you need. Also found in food but not made by the body
 - 7. also called the "flu", is a virus that causes fever and aching.
 - 10. when a disease is passed through touch
 - 11. type of organic acid, "building blocks of proteins"
 - 16. how fast you burn fat or calories, chemical process inside a persons body that keeps their body in check
 - 17. this is in foods and in living tissue. it is a big group of organic compounds
 - 21. the time it takes for you to respond to something
 - 22. a microorganism that causes disease
 - 24. how fast something is going/the rate it moves
 - 25. a small parasite that can only grow inside of a living being
 - 27. monitors your exercising program
 - 29. when someone can act in a certain way or do something of their choice.
 - 30. found in a lot of animal produced foods (for example chicken and steak)
 - 33. when your body temperature is very high, can cause headaches and shivering. Maintains homeostasis
 - 34. when someone can do/use more than one thing at a time
 - 35. added with fat and protein that are moved in the blood. This moves cholesterol from the liver "to the tissues of the body"
- Down**
- 1. something taken by pill, liquid, etc to balance/make right of somebodys diet
 - 2. a chemical element that a person needs to function in life. Some including calcium, phosphorus, potassium, sodium, and magnesium
 - 3. A nutrition guide. is a circle split up into five food groups
 - 4. related to your heartbeat, and is the pressure of your blood in your circulatory system
 - 6. group of soluble proteins that adds and moves fat. This is when their is too much protein which can give you a less chance of having good cholesterol
 - 8. a disease that does not spread from person to person
 - 9. calculates how many calories your body burns when you aren't doing anything, also the least amount of energy you exert to keep your body working properly.
 - 12. percentages of fat, muscle, bone, and body water, and also your weight determines this
 - 13. is a type of energy that people could possibly obtain from eating types of food. It is also a unit of measurement
 - 14. the amount of blood your heart pumps through your body in one minute.
 - 15. something that people need to obtain in order to grow example - we eat fruits and vegetables in order to gain this
 - 18. a respiratory condition that makes it hard for people with it to breath.
 - 19. type of fat in your blood, your liver makes it, however you can also get it from types of food
 - 20. sexually transmitted disease
 - 23. when you are above the weight that is known as normal.
 - 26. when someones feelings or mind are stable - stability
 - 28. one of the three energy source used by the body along with proteins and carbohydrates
 - 31. being extremely overweight or "grossly fat"
 - 32. when someone can think, understand, and move fast and easy

Word Bank

pathogen	Mineral	fever	metabolism	non-communicable disease
Body Composition	Calorie	Vitamin	Protein	amino acids
HDL (high-density lipoprotein)	Balance	LDL (low density lipoprotein)	Asthma	Agility
power	Basal Metabolic Rate	virus	Supplement	reaction time
Blood Pressure	fats	STD	Nutrient	communicable disease
influenza	overweight	MyPlate	Fitt Formula	carbohydrates
speed	cardiac output	obesity	cholesterol	coordination