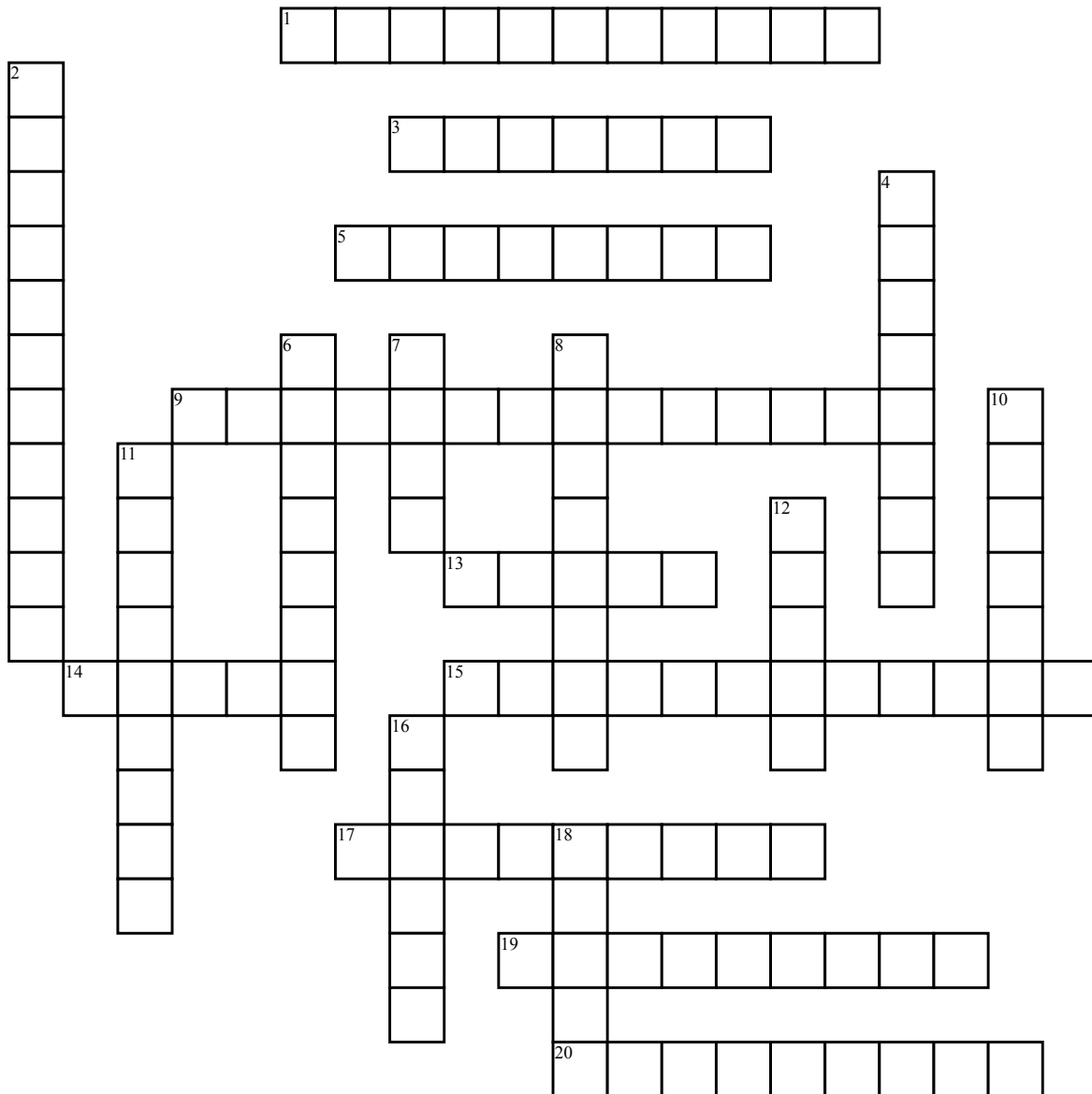


Name: \_\_\_\_\_

# Young Adulthood



## Across

1. Characteristics of intimate friendships include \_\_\_\_\_, compatibility, respectability and proximity
3. 15% of an adult's daily caloric intake be in the form of \_\_\_\_\_.
5. An adult in their 20's should have development strong senses of \_\_\_\_\_
9. It is recommended for adults to exercise between 3 to 5 times a week for at least 30 minutes to increase \_\_\_\_\_ health.
13. Most adults are in the past conventional stage of \_\_\_\_\_ development
14. A type of carbohydrate that promotes bowel elimination \_\_\_\_\_
15. A disorder characterized by decreased bone mass resulting from the loss of minerals from the bones. \_\_\_\_\_

17. Early \_\_\_\_\_ is the time most people establish a home and family
  19. Fats that become solid at room temperature, and are typically found in poultry and dairy products are \_\_\_\_\_ fats.
  20. biological development, personality traits, cultural & social influences, and religious and ethnic values are factors that influence the development of \_\_\_\_\_
- ## Down
2. These \_\_\_\_\_ fats are derived from plant sources such as corn, cotton seed, safflower and soy beans.
  4. Mature adults have developed both internal and external systems of \_\_\_\_\_ and restraints
  6. Critical milestones in the work life cycle of an adult are being hired \_\_\_\_\_ fired & retired

7. Adults need an average of seven to \_\_\_\_\_ hours of sleep each night.
8. choosing & establishing careers, fulfilling sexual needs, establishing home & families, expanding social circles & development are milestones for \_\_\_\_\_
10. \_\_\_\_\_ exercise works the large body muscles, elevating cardiac output and metabolic rate.
11. An individual's ability to solve problems and use information uses \_\_\_\_\_ ability
12. most individuals have reached peak physical efficiency during \_\_\_\_\_ development
16. Some studies indicate that foods high in \_\_\_\_\_ may cause elevated blood pressure.
18. \_\_\_\_\_ fats are made by adding hydrogen to vegetable oil, which helps retard food spoilage while enhancing its