Health and Wellness

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| **Across**  **3.** The process of providing or obtaining the food necessary for health and growth  **5.** Excessive or extra weight  **11.** A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body  **13.** Combination of physical, mental/emotional, and social well-being  **14.** The state or condition of being in good physical and mental health  **18.** A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce  **19.** The condition of being grossly fat or overweight  **20.** Food that can be prepared quickly and easily and is sold in restaurants and snack bars as a quick meal or to be taken out  **21.** The scientific study of the human mind and its functions  **24.** A chronic bacterial disease that is contracted chiefly by infection during sexual intercourse, but also congenitally by infection of a developing fetus  **25.** Found only in plant foods | **Down**  **1.** A unit of energy in food  **2.** A hormone that is released from the adrenal glands in response to stress that facilitates fat storage and has a catabolic affect on muscle and connective tissue  **4.** Personal habits or behaviors related to the way a person lives  **6.** A substance that provides nourishment essential for growth and the maintenance of life  **7.** A measure of body weight relative to height  **8.** A condition that causes pain in muscles, joints, ligaments and tendons  **9.** A major source of energy in the diet. They are found naturally in foods such as breads, cereals, fruits, vegetables, and milk and dairy products  **10.** A nutritional diagram  **12.** A form of vitamin A found naturally in yellow/orange vegetables and fruits  **15.** A fat-like substance that is made by the body and is found naturally in animal foods such as meat, fish, poultry, eggs, and dairy products  **16.** High blood pressure  **17.** A veneral disease involving inflammatory discharge from the urethra or vagina  **22.** A mineral important in building and maintaining bones, and for muscle and nerve function  **23.** Wheat or any other cultivated cereal crop used as food |