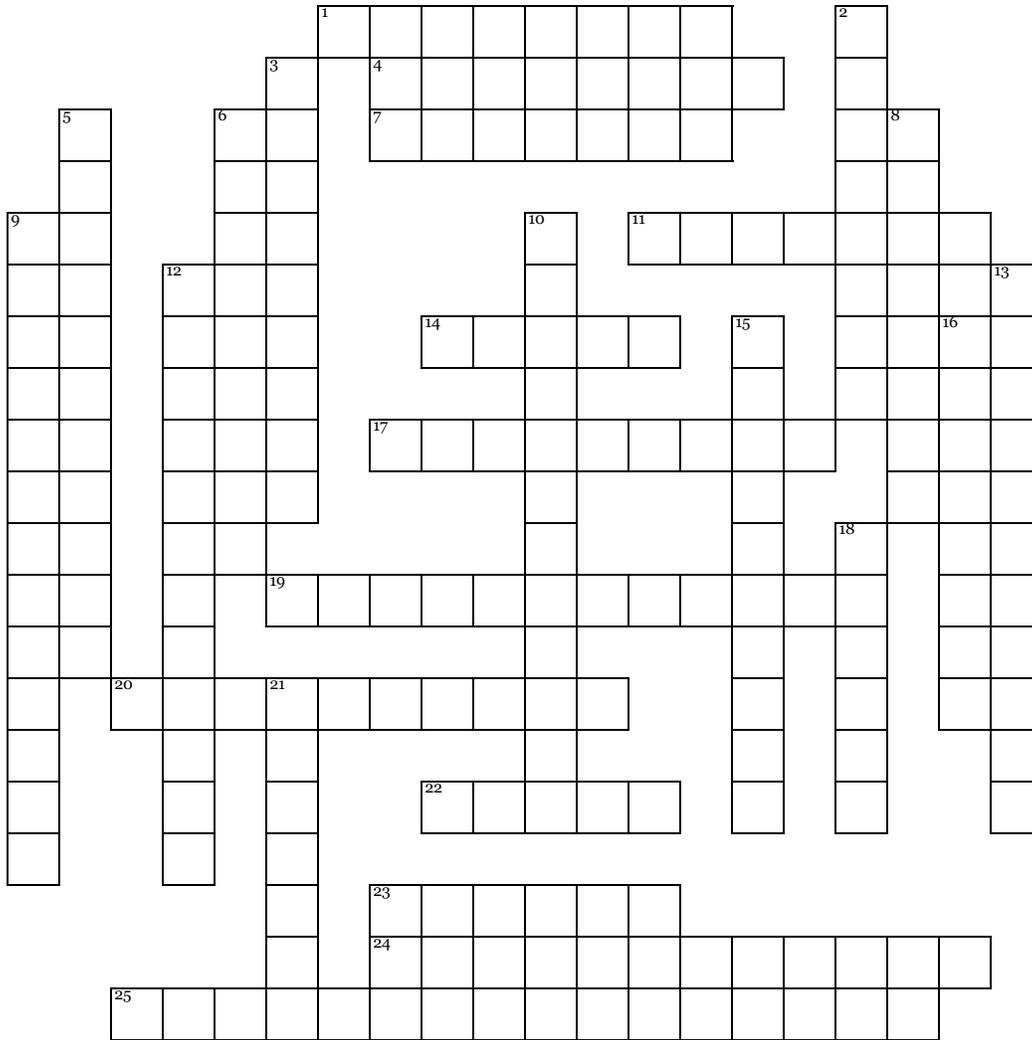


# Health and Wellness



## Across

1. 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
4. The state or condition of being in good physical and mental health
7. A mineral important in building and maintaining bones, and for muscle and nerve function
11. The condition of being grossly fat or overweight
14. Found only in plant foods
17. A venereal disease involving inflammatory discharge from the urethra or vagina
19. A form of vitamin A found naturally in yellow/orange vegetables and fruits
20. The scientific study of the human mind and its functions
22. Wheat or any other cultivated cereal crop used as food
23. A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing

## Down

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
3. The process of providing or obtaining the food necessary for health and growth
5. A nutritional diagram
6. A very small parasitic bacterium, like a virus, requires the biochemical mechanisms of another cell in order to reproduce
8. A substance that provides nourishment essential for growth and the maintenance of life
9. A measure of body weight relative to height
10. A condition that causes pain in muscles, joints, ligaments and tendons
12. High blood pressure
13. 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
15. Excessive or extra weight

movement in or maintaining the position of parts of the body

**24.** 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

**25.** Personal habits or behaviors related to the way a person lives

**16.** A chronic bacterial disease that is contracted chiefly by infection during sexual intercourse, but also congenitally by infection of a developing fetus

**18.** Combination of physical, mental/emotional, and social well-being

**21.** A unit of energy in food

# FRUITS AND VEGGIES YOUR BODY WILL LOVE

S P O M E G R A N A T E R W A T E R M E L O N H  
E O H D S G X U E L P S E L P P A Z G R A P E S  
I O R S T N N N T X T O S U G A R A P S A Y T K  
R B Q L R S E O T A M O T O T S S R Y L O R J T  
R E L E E K S E U C E T S A E Y U R B M A V V E  
E L S K W Q T M R Z S N O I T N T R O E D J K B  
B L N A O O O I W G E E R E E O O I H H S D U B  
N P I K L Z I C U E D R H S W C E E V E F T K R  
O E S M F Q B A R R E R V C C P K S I P T B L U  
G P I N I Q G G Y B F S A O A O Z R V E I Y S S  
N P A O L S D O K B E E L T H E R M R I C B E S  
I E R M U R M C D I F I P C S E P N S H E S I E  
L R T E A Z A A R A E D I A B U U F E L R C R L  
O S Y L C L Q R N P C T U W R T M E P M S R R S  
X G L T B L E R U G R O A K S G T P N U O A E S  
Q O C P J B X O I A O R V Q D E A D V B S N H P  
C M K H E N L T O E T E U A N E M Y O P S B C R  
R W T U T A H S N S N A S S N I O I B J T E B O  
S P L F T Z G E I D S A A I E H K E L Y O R S U  
R B G N C B C Q O H D N P K C W R P Z E C R T T  
M N A O E J P Y N D A B I K I R W J M P I I E S  
B C E L A K U L S N K W O W I Z U K K U R E E R  
T P A P A Y A A A R I B E E R E D F A U P S B O  
C A B B A G E B O L Q H S S E G N A R O A P S Z

- |                  |              |              |                  |
|------------------|--------------|--------------|------------------|
| TOMATOES         | PUMPKIN      | POTATOES     | ONIONS           |
| MUSTARD GREENS   | LEEKs        | KALE         | COLLARD GREENS   |
| CAULIFLOWER      | CARROTS      | CABBAGE      | BUTTERNUT SQUASH |
| BRUSSELS SPROUTS | BROCCOLI     | BOK CHOY     | BELL PEPPERS     |
| BEETS            | AVOCADO      | ASPARAGUS    | ARTICHOKE HEARTS |
| WATERMELON       | STRAWBERRIES | RASPBERRIES  | RAISINS          |
| PRUNES           | POMEGRANATE  | PINEAPPLE    | PEACHES          |
| PAPAYA           | ORANGES      | MANGOES      | LYCHEE           |
| LINGONBERRIES    | LIME         | LEMON        | KIWI             |
| GRAPES           | GRAPEFRUIT   | CRANBERRIES  | CHERRIES         |
| CANTALOUPE       | BLUEBERRIES  | BLACKBERRIES | BANANAS          |
| APRICOTS         | APPLES       |              |                  |

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

Date: \_\_\_\_\_

# Personal Financial Literacy

G 4 K S O C I A L S E C U R I T Y 0 Z D N M E Y  
R U C K S T U D E N T L O A N X T H Q H 1 L O Y  
L S E B E T A R E G A T N E C R E P L A U N N A  
N C H 1 F Z V D Y B D M B Q U P P I F X C P 4 Y  
T H C I L J W O O Q 0 Z 0 T E R M C R E D I T Q  
N O P G G Q K L L P D N U O P M O C 0 F O R S B  
E L W H T J I H 1 R S V C H K L U Z 0 J D K R 1  
M A A N N U A L V I T Z R Q W 4 Q L 1 Z M 1 4 A  
T R C O L L F E T N B R V E W 0 M 1 U T S C P J  
S S P W L L K C L C A A N N F C T P X L T K B D  
E H T S O A H X C I L T A B S O Q T V X O V 0 4  
V I J N A U T G D P A E C M 0 G C P G V C P E P  
N P Q L N N I T D A N B W Z T E G D U B K F 0 E  
I E P W Z N B I I L C T T S I M P L E H S J M S  
G H U A H A E F V Y E L T L A R E T A L L O C U  
E K T R M I D J I G Q X I N T E R E S T H B 1 L  
P 1 C D Z B T E D T L M M 0 H V W K D N V J T P  
B 0 1 H I Q B N E T R D W F H P D E U R C C A R  
Q 4 V T P U 1 G N Q U A R T E R L Y Q A I 4 J U  
O U U I G J P W D K L W U X I L S F D L A D A S  
O P Y W 0 X P D Z C E H 1 B C H R Q A 0 B E T 1  
1 G C R E D I T C A R D X V E 4 E L H H P M H W  
Y A M G S G 1 A W Z 4 Z G O 4 4 W G W P K W F I  
H Y K Y D E P O S I T S H O R T A G E V D D A I

401K	accrued	annual	annual percentage rate
balance	bi-annual	budget	check
collateral	compound	credit	credit card
debit	deposit	dividend	interest
investment	loan	principal	quarterly
rate	scholarship	shortage	simple
social security	stocks	student loan	surplus
term	withdrawl		