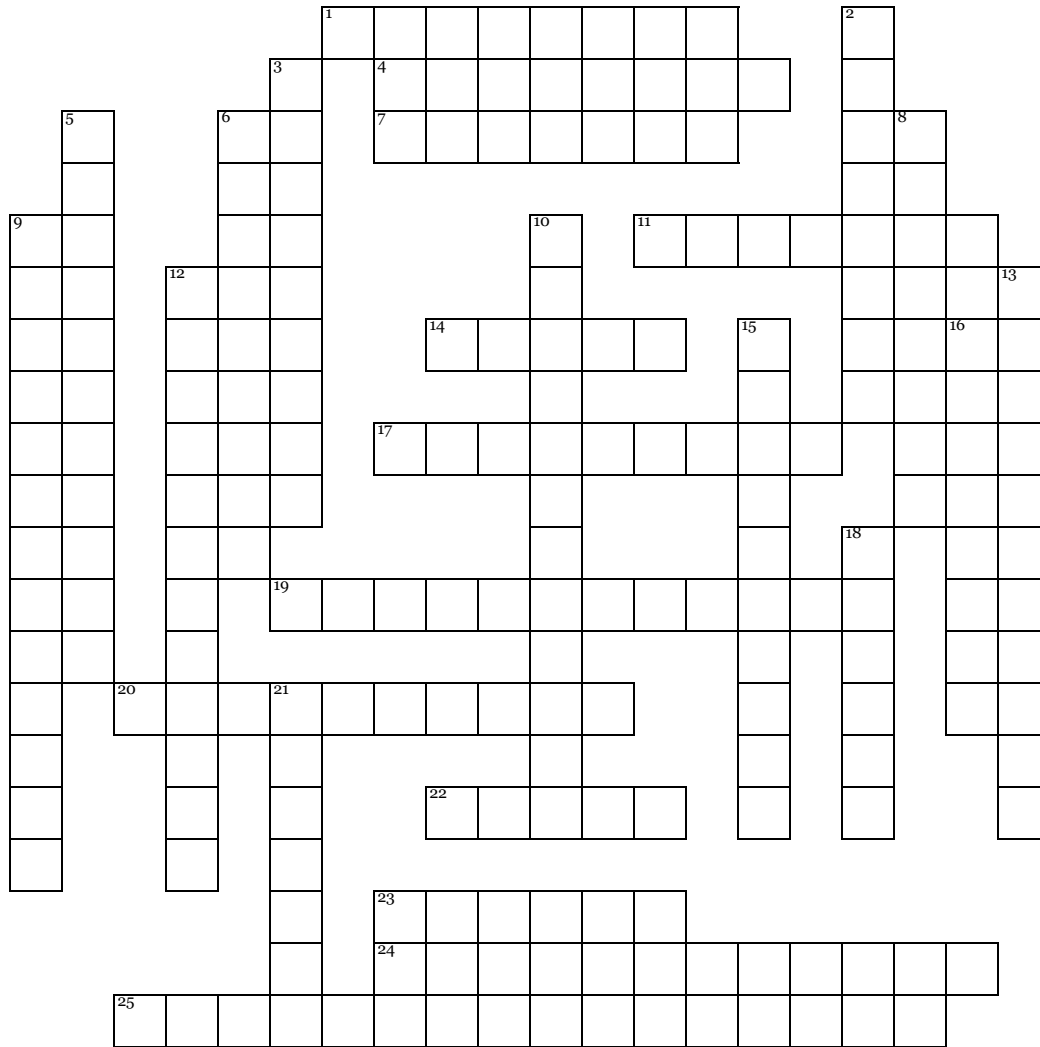


Health and Wellness



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		