Complete the puzzle. Then, talk to a family member or friend about what each word means to you.

**Energy Balance**

**Across**
3) A way of measuring physical activity intensity level by how hard you feel your body is working.
4) A supply of water to the body to restore or maintain a balance of fluids.
5) Substances in food that provide nourishment essential for growth and development.

**Down**
1) Nutrients required in large amounts for proper body functioning, including protein, fat, and carbohydrates.
2) The balance between calories taken in from food compared to calories burned through physical activity.