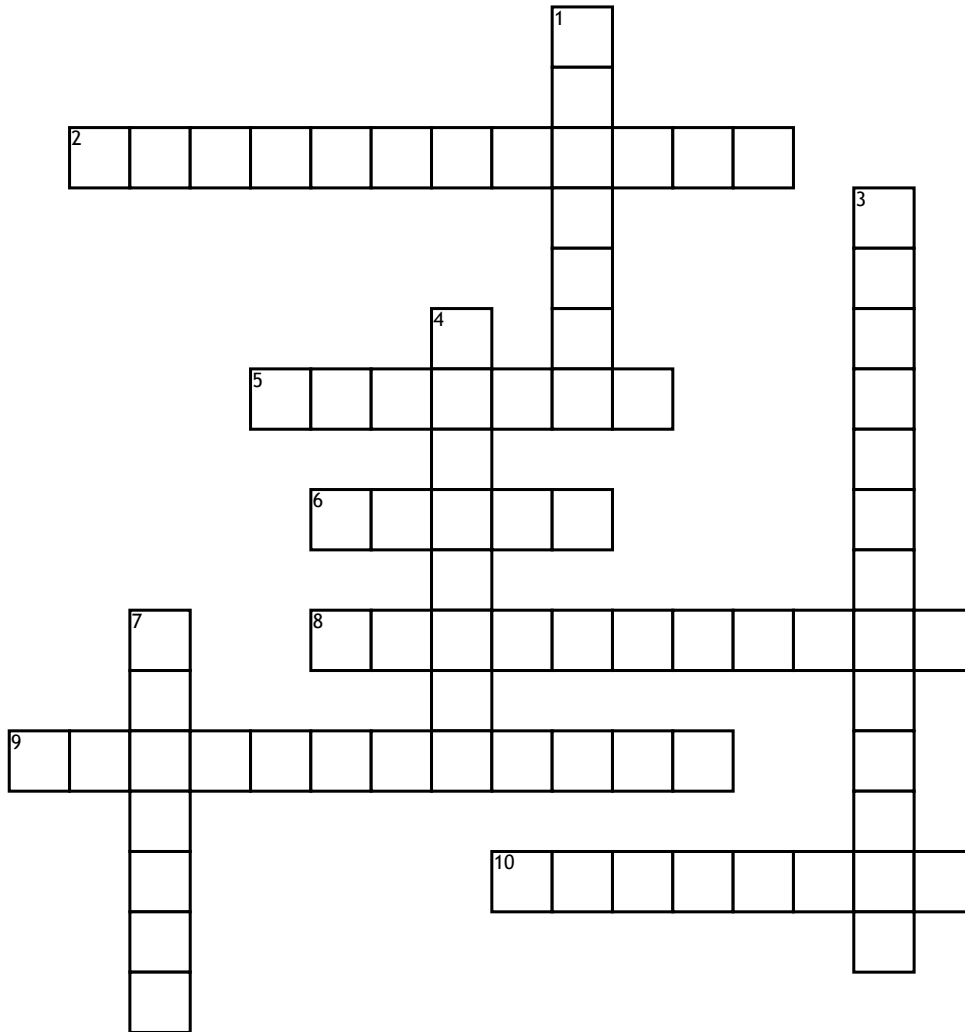


Name: _____

Date: _____

A Healthy/Unhealthy Lifestyle



Across

2. You can get arrested from this
5. The brands Pall Mall, Camel and Marlboro are types of
6. Best beverage for your body
8. A diagram showing a nutritional diet
9. Eating fish/poultry, fruits and vegetables, whole grains, and low-fat dairy is an example of

10. Reduces drowsiness and increases energy

Down

1. This exercise lasts for about 20 minutes and keeps your heart rate going
3. Ingesting more than 4 or 5 drinks within a period of about 2 hours
4. McDonalds is an example of
7. This exercise can be done anywhere, even if you are a busy person

Word Bank

Fast food

Aerobic

Walking

Food Pyramid

Caffeine

Illegal Drugs

Water

Tobacco

Binge Drinking

Balanced diet