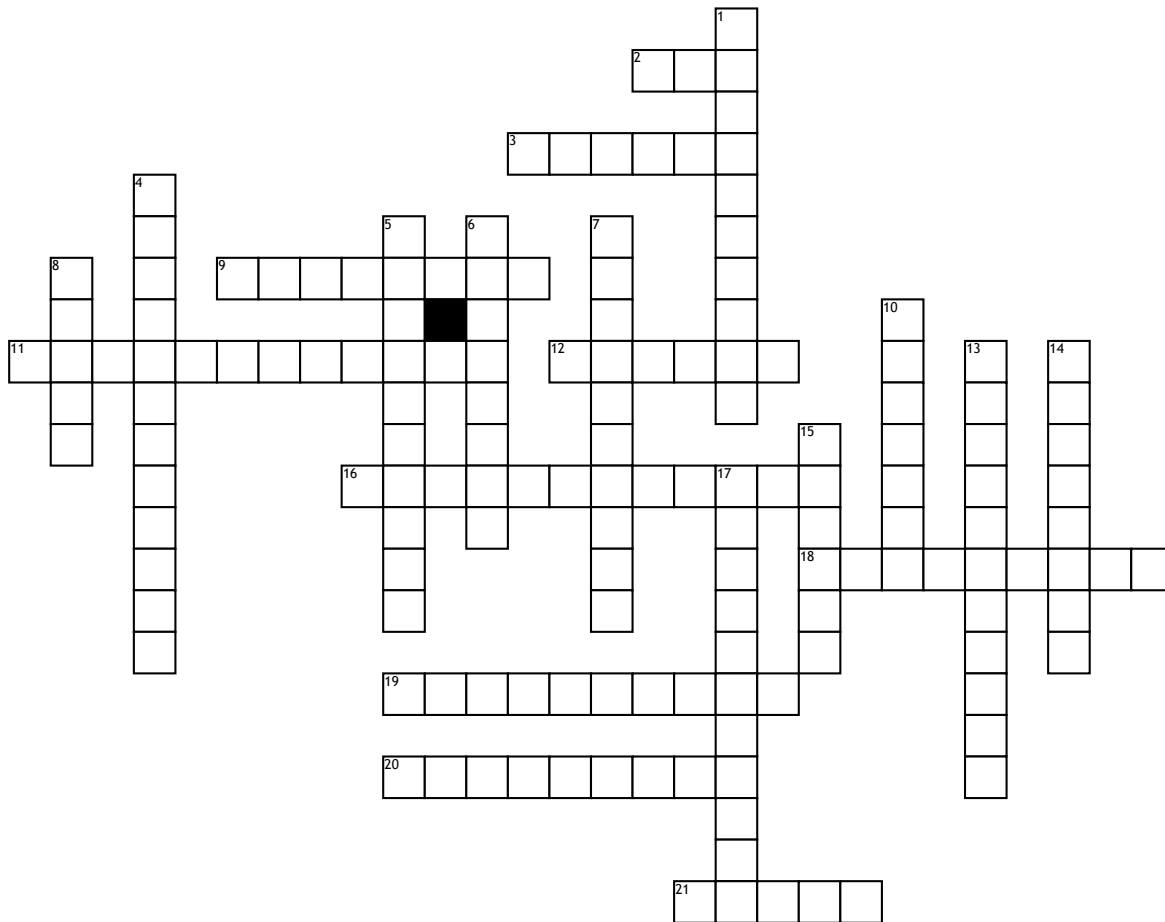


Name: \_\_\_\_\_

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

# Lifestyle Diseases Crossword



## Across

2. Uncontrollable risk factor associated with how old we are.

3. Blockage of blood flow to the brain.

9. Lifestyle disease associated with glucose control.

11. Lifestyle disease associated with the cardiovascular system.

12. Disease caused by uncontrollable cell growth in the body.

16. Diet, body weight, physical activity, sun exposure, and drug abuse are all \_\_\_\_\_ risk factors.

18. The body's process of breaking down food into simpler compounds for the body to use.

19. Lack of sufficient amount of nutrient, which can often result in illness.

20. Lifestyle characteristic that involves how we fuel our body.

21. Two \_\_\_\_\_ and five vegetables.

## Down

1. Food like spinach, carrots, and cauliflower.

4. High blood pressure.

5. Unhealthy \_\_\_\_\_ are the key cause of lifestyle diseases.

6. Means that the disease runs in the family.

7. Chemical process that takes place in the cells after the body absorbs nutrients.

8. Helps our body to recover over night.

10. \_\_\_\_\_ plays a key part in the development of lung, mouth, and throat cancer.

13. A fat like substance that occurs only in food of animal origin.

14. Healthy choice for helping to reduce risk of lifestyle disease through movement.

15. Uncontrollable risk factor associated with whether we are male or female.

17. Lifestyle disease associated with the digestive tract.