|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Lifestyle Diseases Crossword

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 4 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 5 |  | 6 |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 8 |  |  |  | 9 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |
|  | 11 |  |  |  |  |  |  |  |  |  |  |  |  | 12 |  |  |  |  |  |  |  |  |  | 13 |  | 14 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 15 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 16 |  |  |  |  |  |  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 18 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 19 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 21 |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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. |