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Lifestyle Diseases Crossword

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| **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. |