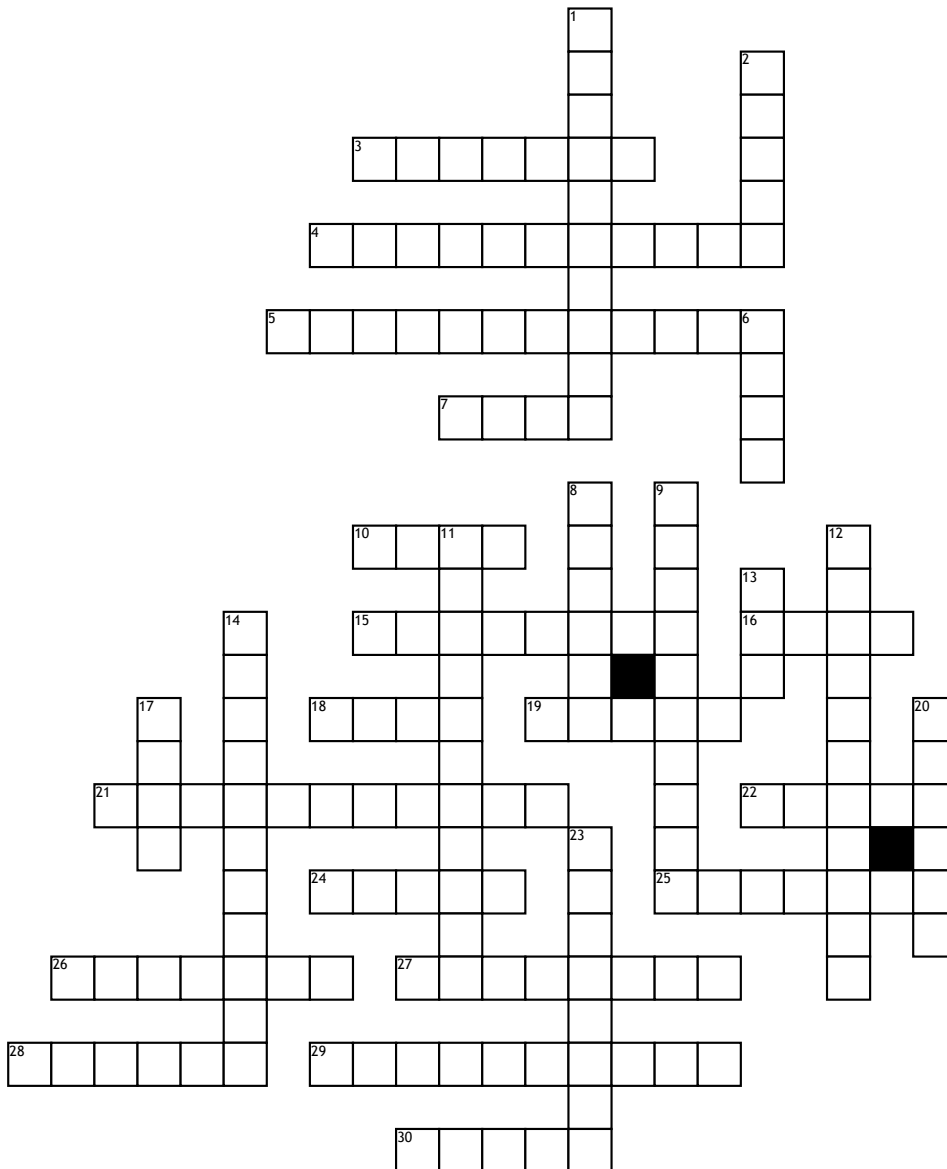


Name: _____

Date: _____

Obesity



Across

3. Term for Really Fat or overweight
 4. What is rich in antioxidants
 5. Another word for high blood pressure
 7. non-communicable diseases
 10. High in omega 3
 15. Something you have to do 30 minutes of this daily
 16. Starts with M and ends with t
 18. Arthritis caused by build up uric acid chrysalis in joints
 19. Good for you but expensive
 21. When you pause in breathing while asleep

22. Recommend to have 2 litres of this daily
 24. Found in all foods
 25. With lots of abdominal exercise you could have a
 26. When the muscle of the air way relaxes to much during sleep and vibrates making noise
 27. Better boiled then fried
 28. What contains vitamin C and is high in antioxidants
 29. Stones which develop in the gall bladder
 30. Things with seeds

Down

1. A drink high in sugar

2. Good for you heart
 6. What lowers cholesterol
 8. Heart pain from heart disease
 9. Must have 5 serves of this daily
 11. Orange Vegetable
 12. When a clot blocks blood flow in to the heart muscle
 13. Body mass index
 14. Foods that ease digestion
 17. Too much = fluid retention
 20. When a blood flow to the brain is blocked
 23. Red vegetable