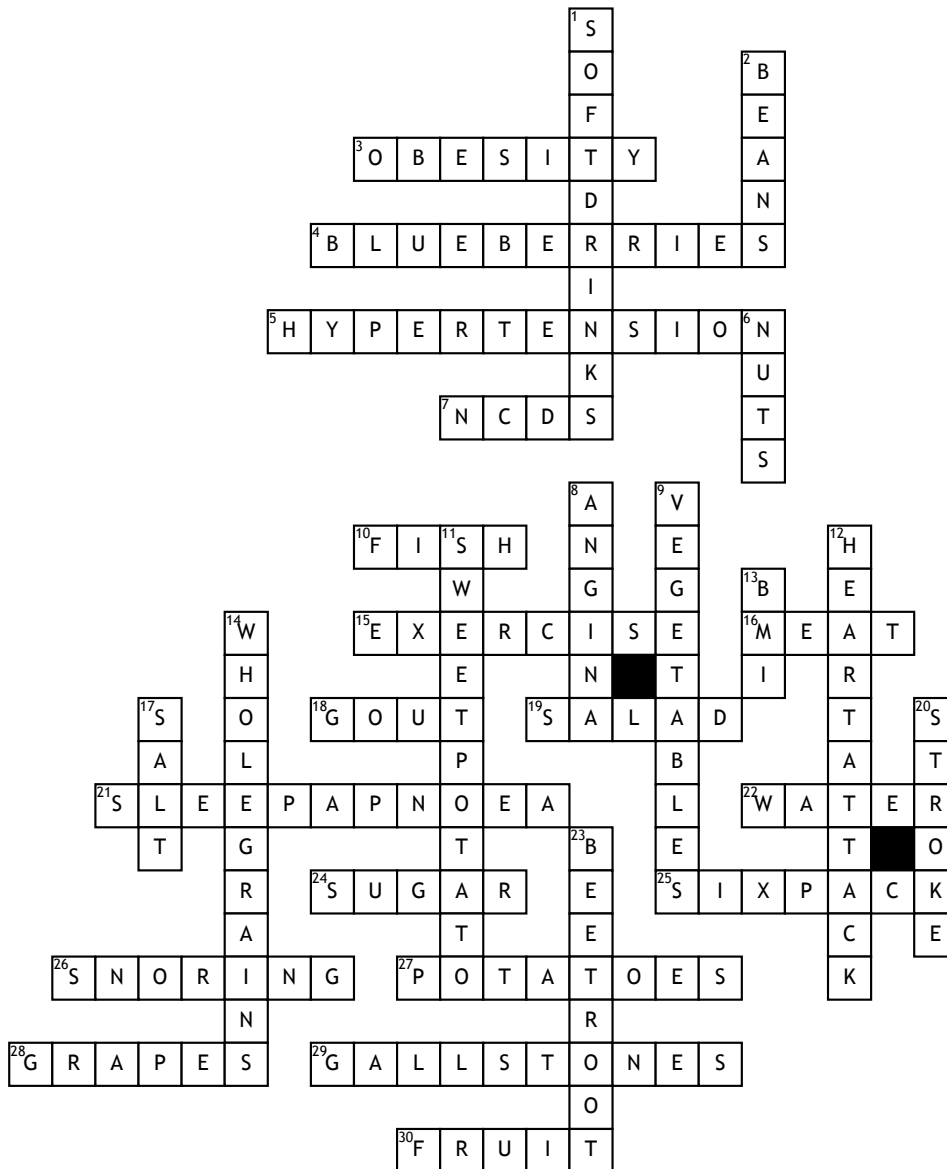


Name: \_\_\_\_\_

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