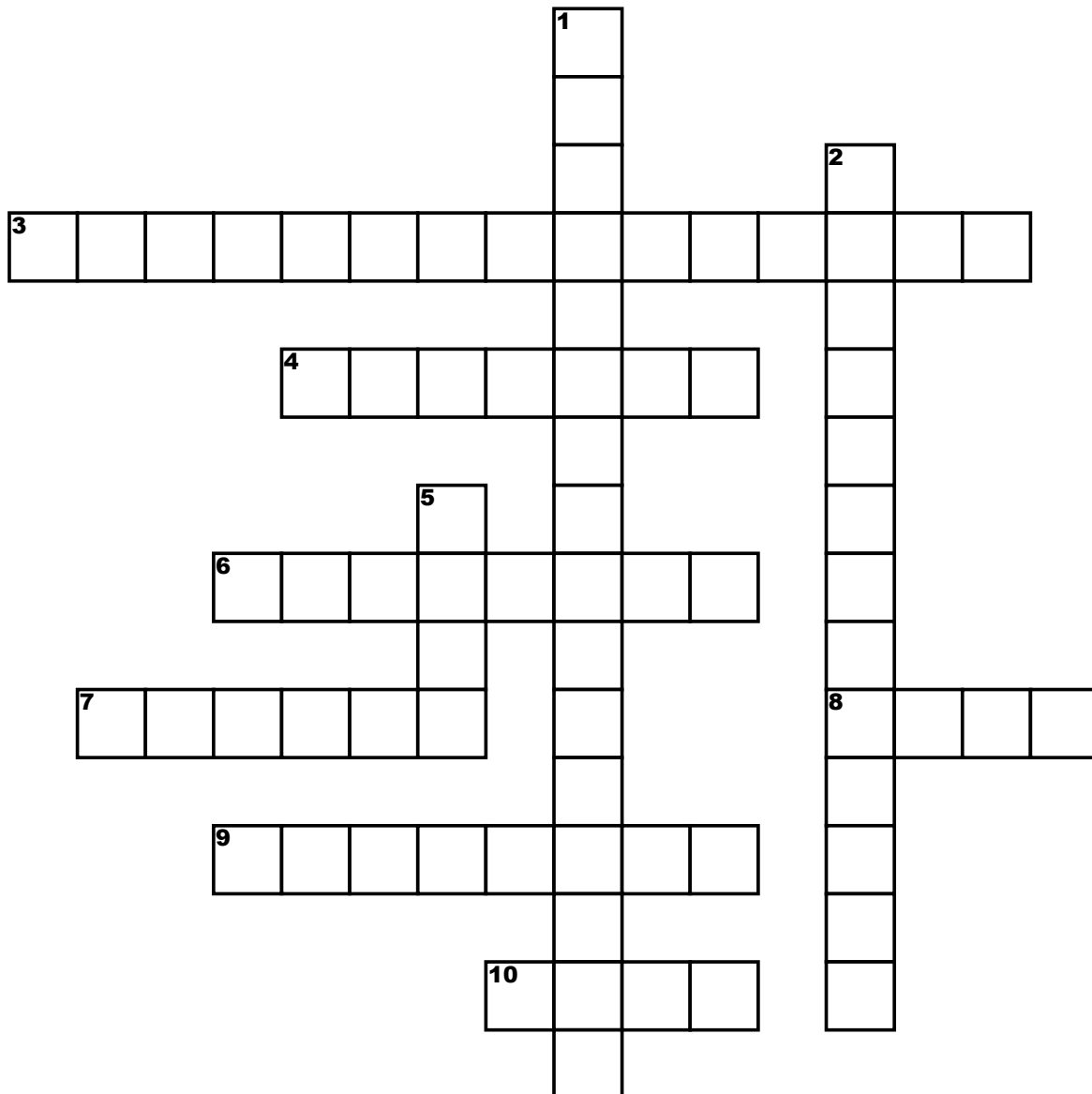


Name: _____

Healthy habits to prevent lifestyle diseases



Across

3. We can stay healthy by eating

4. We can stop heart diseases by not _____

6. Hypertension can be prevented by eating a _____ diet

7. We can prevent cancer by eating

8. By reducing this in our diet we can prevent stroke

9. We can prevent obesity by not eating this type of food

10. Many doctors believe that by a _____ fibre diet reduces the risk of heart diseases

Down

1. This is a group of diseases that occur when the arterial blood vessel walls thicken

2. We can prevent diabetes by controlling our

5. By not eating foods that are rich in _____ can prevent obesity