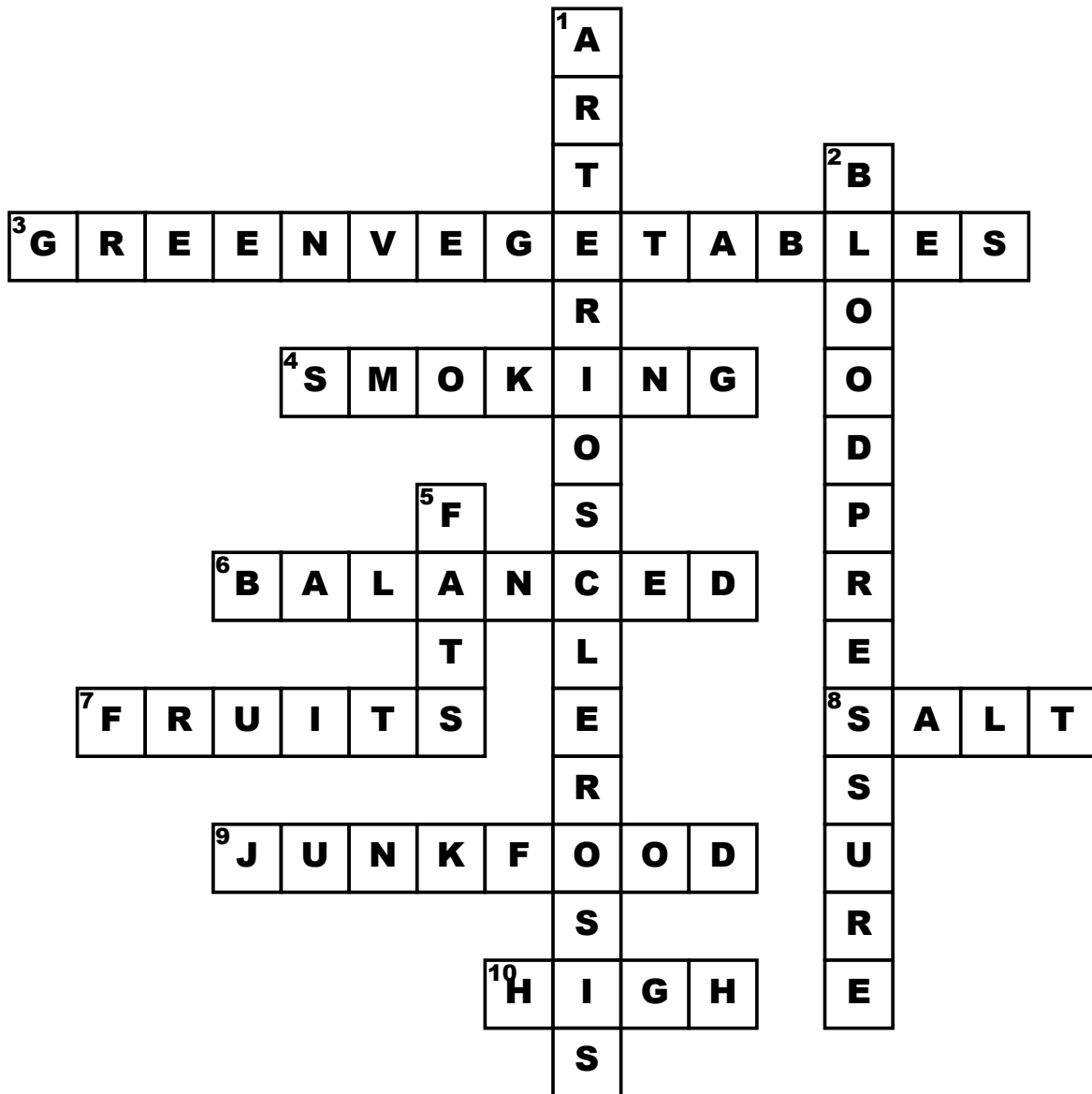


Name: _____

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