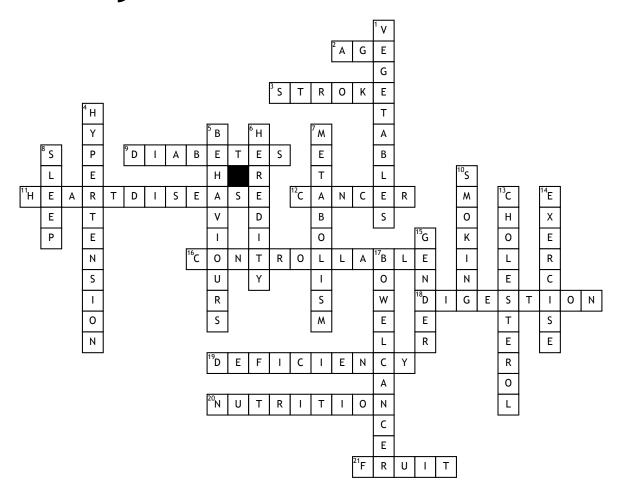
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Lifestyle Diseases Crossword



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.