| Name:   |
|---|
| Date:   |
| Health and Family Life<br>Food Choices and Lifestyle Diseases   |
| <b>Instructions:</b> Use the notes to answer all questions on this worksheet.   |
| <ol> <li>Select the food below that is healthy to eat.</li> <li>a. pizza</li> <li>b. cheeseburger</li> <li>c. egg</li> </ol>                        |
| <ul><li>2. Select the food below that is unhealthy to eat</li><li>a. whole wheat bread</li><li>b. fried fish sticks</li><li>c. baked fish</li></ul> |
| 3. What is the definition of lifestyle disease?   |
|   |
|   |
| 4. Type <b>true</b> if the statement is true. Type <b>false</b> if the statement is false.  Lifestyle diseases are caused by                        |
| exercising.  Lifestyle diseases are caused by eating  |
| healthy foods.  |
| Lifestyle diseases are caused by smoking.   |
| Obesity is a lifestyle disease.   |
| Heart disease is a lifestyle disease  |

