

## Nutrition and Physical Health

Use the words in the box to complete each sentence. Not all the words will be used.

|          |          |           |
|----------|----------|-----------|
| diseases | physical | diabetes  |
| obese    | sleep    | lifestyle |

1. Maintaining a healthy lifestyle involves balancing food intake and \_\_\_\_\_ activity.
2. Many \_\_\_\_\_ that lead to death are directly related to lifestyle choices.
3. Persons who are overweight or \_\_\_\_\_ (very fat) are at higher risk.
4. \_\_\_\_\_ is a lifestyle disease.
5. Get enough \_\_\_\_\_ every night.

Choose True if the statement is True. Choose False if the statement is False.

6. Foods in the Food Guide Drum and Dietary Guidelines are grouped according to type.
  - a. True
  - b. False
7. Cancer and diabetes are **Not** common causes of deaths in The Bahamas.
  - a. True
  - b. False
8. Salads, sandwiches, and pizzas are called combination foods.
  - a. True
  - b. False