

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 Pyramid 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