

Name: _____

Date: _____

Subject: Health and Family Life

Topic: Health & Wellness: Lifestyle Diseases

Instructions: Answer all the questions below.

1. Write true or false in the blank space provided. Lifestyle diseases are defined as those health problems that react to changes in lifestyle.

2. Risk factors for lifestyle diseases can be _____ or

_____.

3. What are two controllable risk factors?

4. What are two uncontrollable risk factors?

5. Name two lifestyle diseases that people should work hard to avoid through healthy living.
