

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Your Health and You

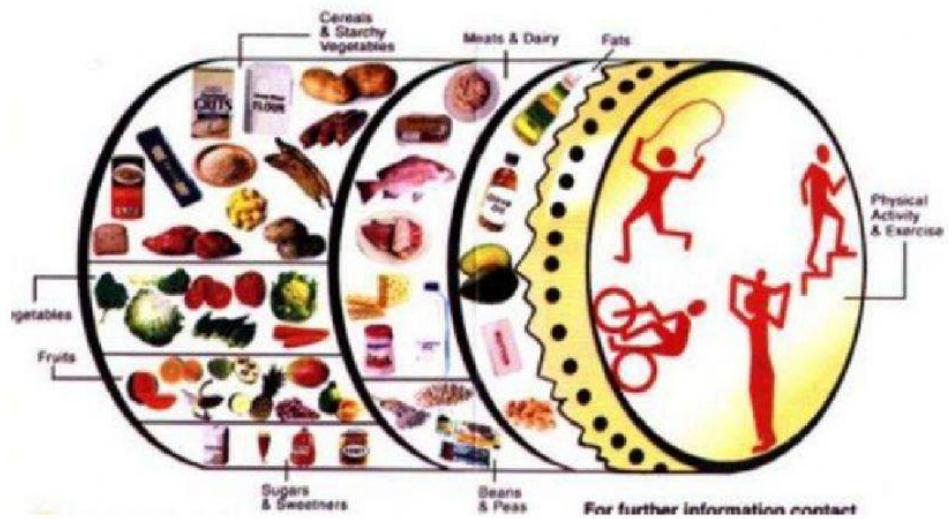
Answer the following questions correctly.

1. Identify **FOUR** common lifestyle diseases in The Bahamas.

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2. Use the Food Drum to list the following.

Two vegetables \_\_\_\_\_

Two fruits \_\_\_\_\_

Two sugar and sweeteners \_\_\_\_\_

Two Beans and Peas \_\_\_\_\_

Two Meats and Dairy \_\_\_\_\_

Two Fat \_\_\_\_\_

Cereal and Starchy Vegetables \_\_\_\_\_

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