

Name: _____
Date: _____

Health and Family Life

Food Choices and Lifestyle Diseases

Instructions: Use the notes to answer all questions on this worksheet.

1. Select the food below that is healthy to eat.

- a. pizza
- b. cheeseburger
- c. egg

2. Select the food below that is unhealthy to eat.

- a. whole wheat bread
- b. fried fish sticks
- c. baked fish

3. What is the definition of lifestyle disease?

4. Type **true** if the statement is true. Type **false** 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.