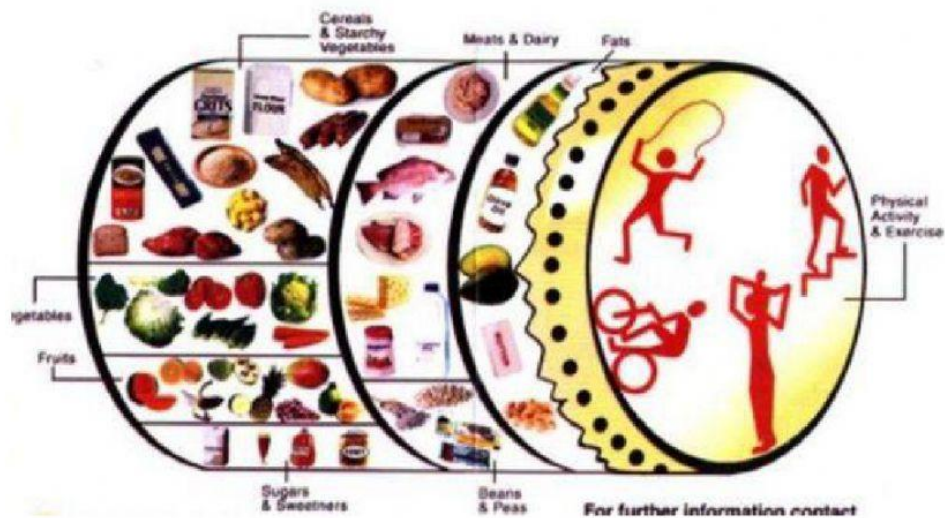


Name: _____ Date: _____

Your Health and You

Answer the following questions correctly.

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



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 _____
