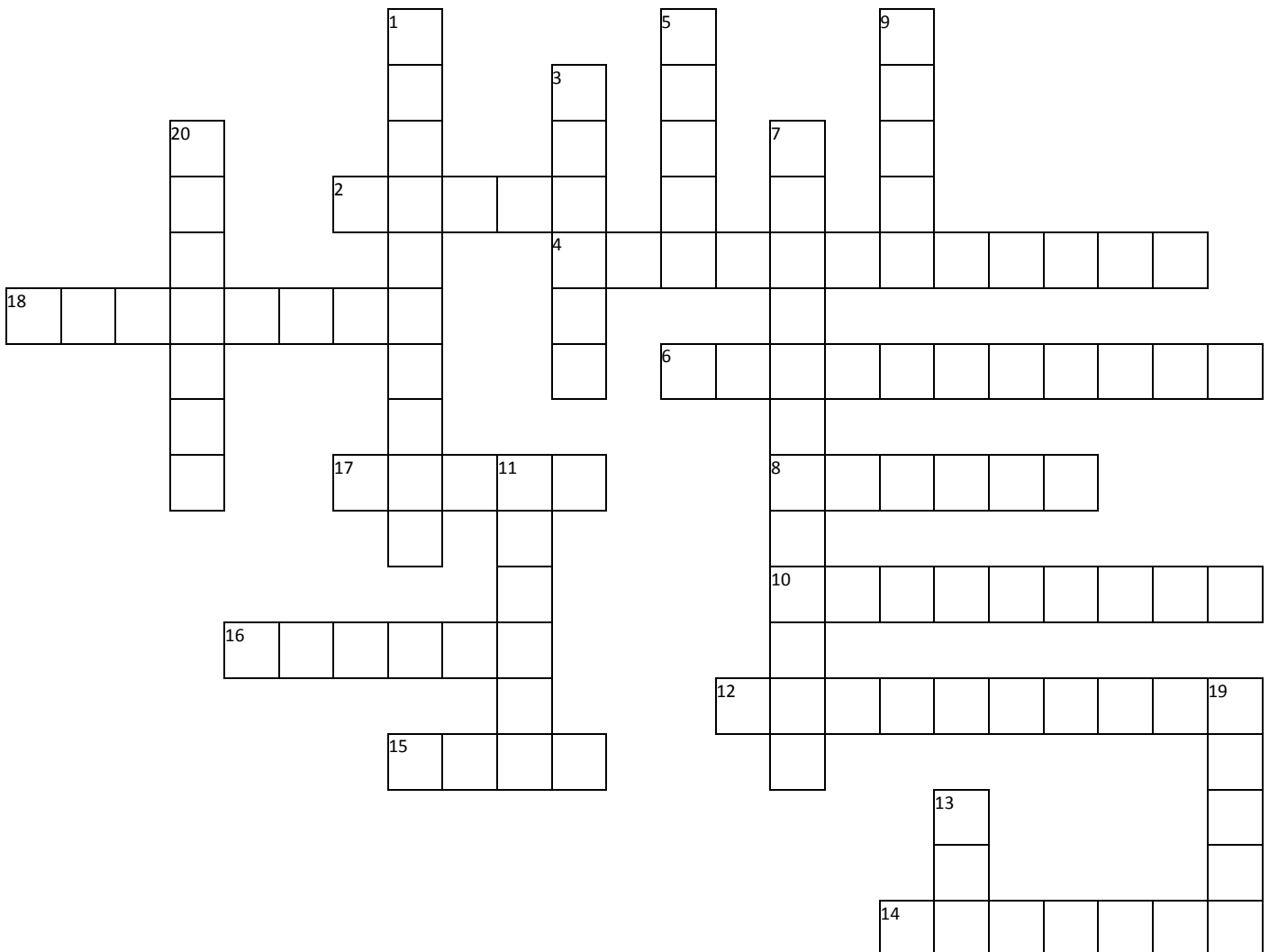


## ANSWERING QUESTIONS IN THE TOPIC OF HEALTHY LIFESTYLE

**DOWN:**

- 1) Mental problem, the state of being isolated from the objective world
- 3) One of the lifestyle diseases, chronic inflammatory disease
- 5) Some people need 8 hours of this each night
- 7) High energy food group as in bread, pasta, starches etc.
- 9) An \_\_\_\_\_ a day keeps the doctor away
- 11) It's the opposite of inhale
- 13) An herbal alternative to coffee
- 19) Looks after ill or injured people in hospital
- 20) When one is unable to digest milk sugar, one has a \_\_\_\_\_ intolerance

**ACROSS:**

- 2) The joint between your hand and the lower part of your arm
- 4) High blood pressure
- 6) Triangle-shaped chart that shows dietary guidelines
- 8) Prescribes medical treatment
- 10) Vehicle for transporting ill or injured people
- 12) A person who doesn't eat meat
- 14) Unit used to express the energy value of food
- 15) Eating a lot of vegetables and fruit is a healthy \_\_\_\_\_
- 16) Eating disorder - overeating and forced vomiting
- 17) The elements of a skeleton.

## Solution

DOWN	
1	DEPRESSION
3	ASTHMA
5	SLEEP
7	CARBOHYDRATES
9	APPLE
11	EXHALE
13	TEA
19	NURSE
20	LACTOSE

ACROSS	
2	WRIST
4	HYPERTENSION
6	FOOD PYRAMID
8	DOCTOR
10	AMBULANCE
12	VEGETARIAN
14	CALORIE
15	DIET
16	BULIMIA
17	BONES
18	VITAMINS