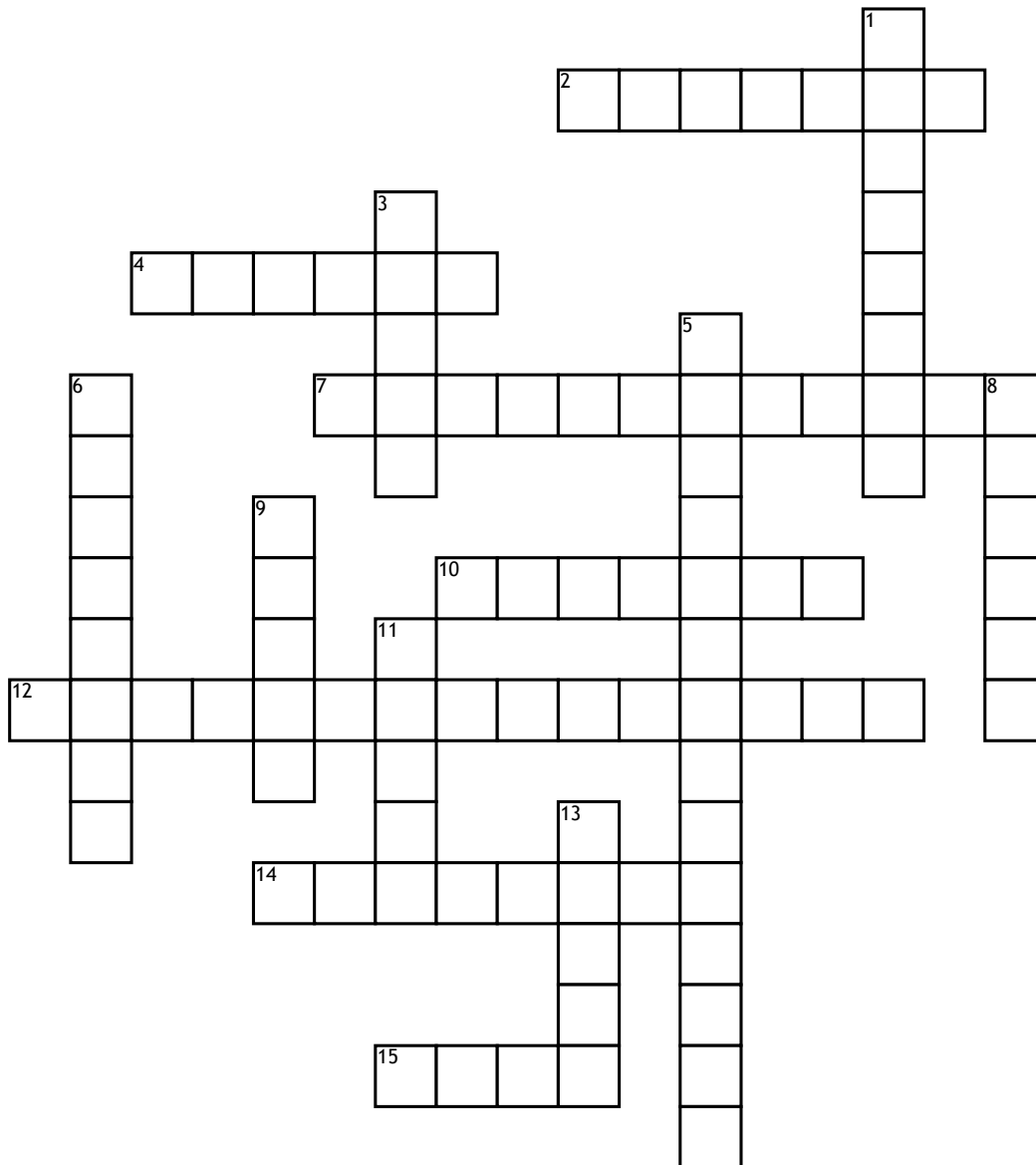


Name: _____

Date: _____

Health and Wellness



Across

2. Beliefs and behaviour shared by a group of people
 4. You should maintain a healthy
 7. Ability to handle the problems and pressures of daily living
 10. This can cause lung cancer
 12. Number of years you expect to live

14. Physical activity that leads to healthiness

15. Eating proper foods and proper amounts of food

Down

1. Example of a healthy vegetable
 3. The minimum number of how many times a week you should exercise
 5. Bodys ability to meet the demands of daily living

6. Genetic traits passed from parents to children

8. No sickness

9. What you should drink a lot of

11. Example of a healthy fruit

13. About how many hours of sleep should should get