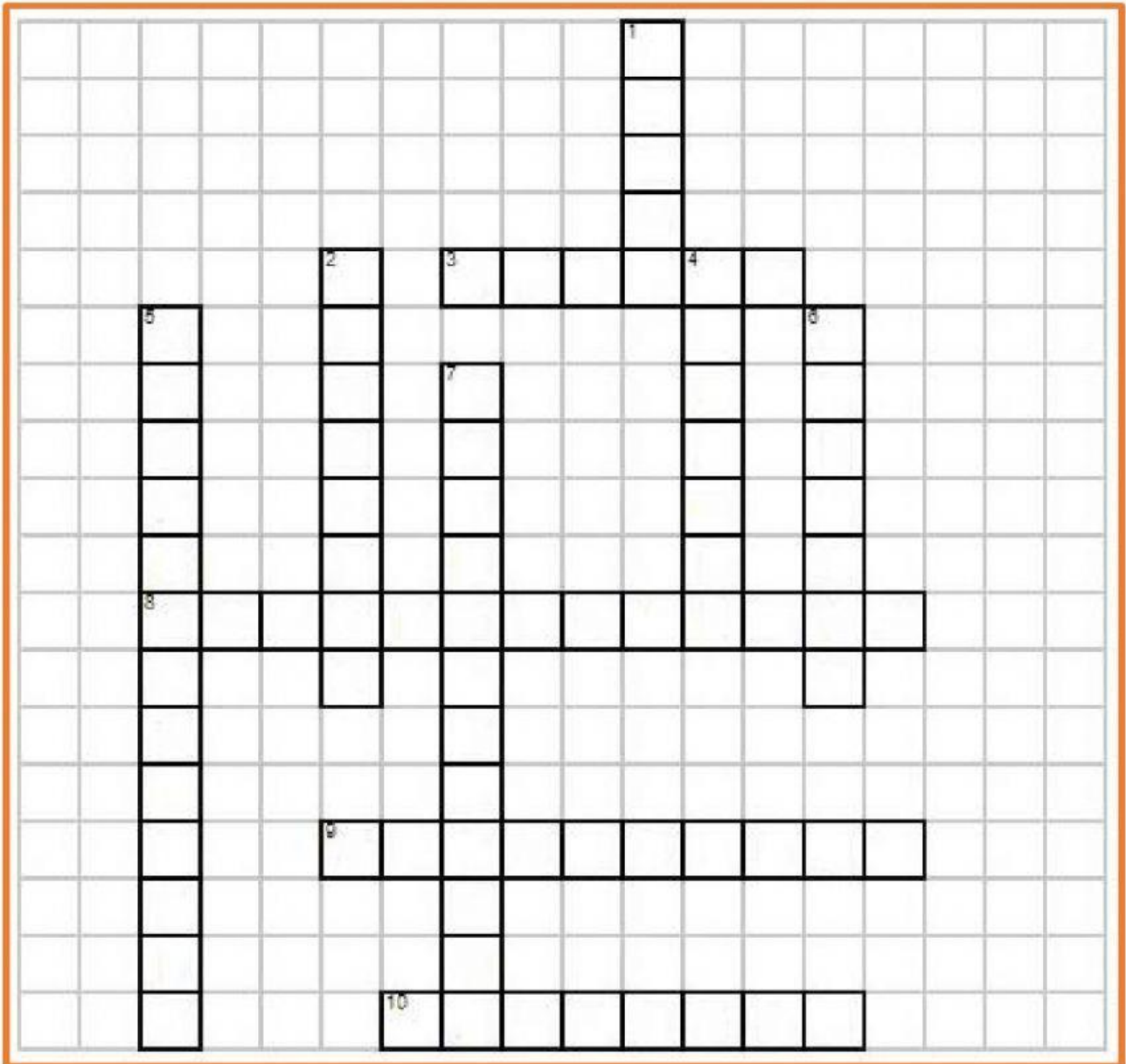


DIABETES

1. Complete the crossword



Across

- 3 Glucose is the body's main source of...
- 8 High levels of sugar, or glucose, in the blood.
- 9 People with type 2 diabetes are usually...
- 10 A long, flat gland that lies in the abdomen behind the stomach. It produces insulin

Down

- 1 Also known as glucose.
- 2 A chronic, metabolic disease characterized by elevated levels of blood glucose
- 4 The main type of sugar in the blood and is the major source of energy for the body's cells
- 5 Glucose is obtained from...
- 6 A hormone produced in the pancreas, which regulates the amount of glucose in the blood
- 7 Deficiency of glucose in the bloodstream

2. This is Jack. He is overweight and his mother has got diabetes. His health is in danger. Give Jack some advices to prevent diabetes.

Use: eat junk food – eat healthy – visit the doctor regularly – do physical activity – smoke – drink lots of alcohol – take prescribed medicine – stay in bed all day long

e.g You shouldn't smoke

e.g You should eat healthy



- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

3. Drag and drop to complete the food advices



6 Cut down on added sugar

2 Eat less salt

5 Choose healthier fats

9 Don't bother with so-called diabetic foods

1 Choose healthier carbohydrates

3 Eat less red and processed meat

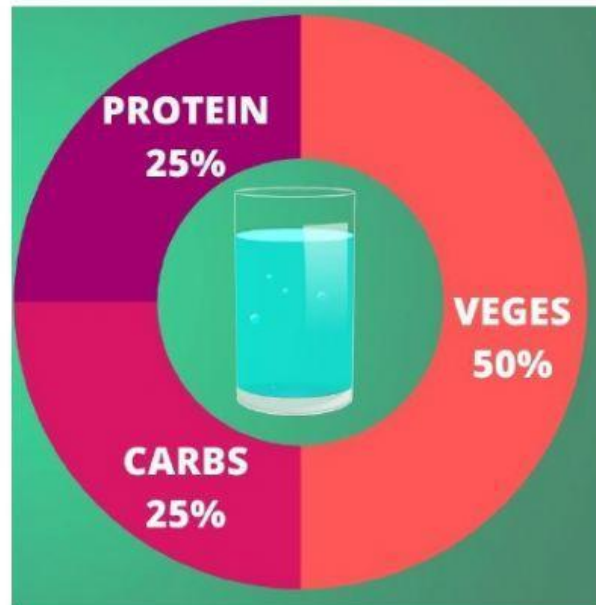
7 Be smart with snacks

10 Get your minerals and vitamins from foods

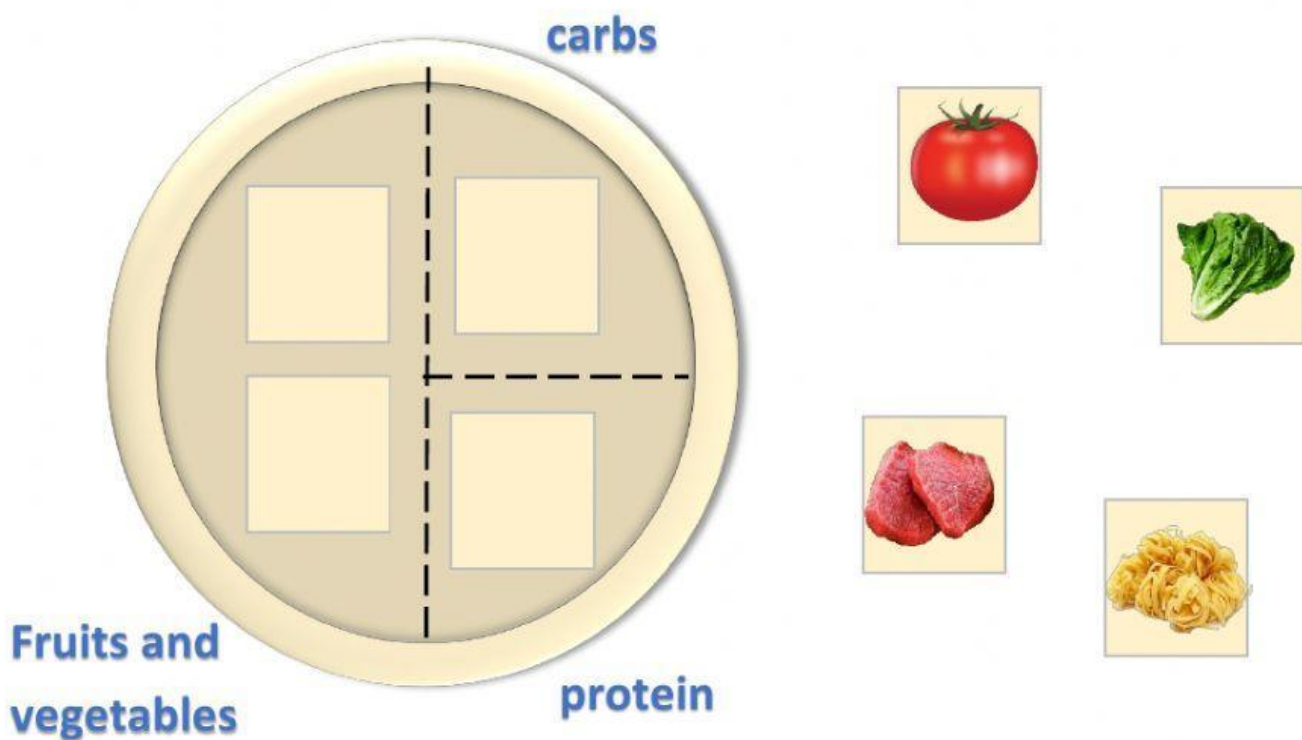
4 Eat more fruit and veg

8 Drink alcohol sensibly

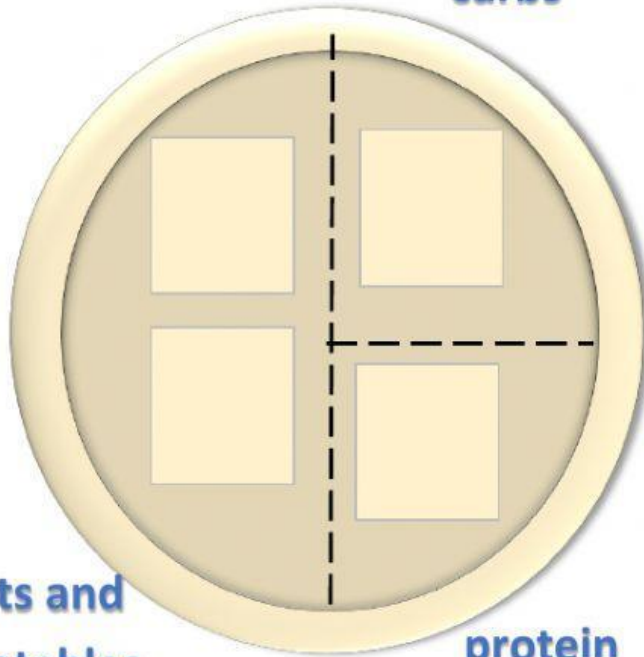
DIABETIC DIET PLAN



4. Drag and drop to prepare a healthy meal



carbs

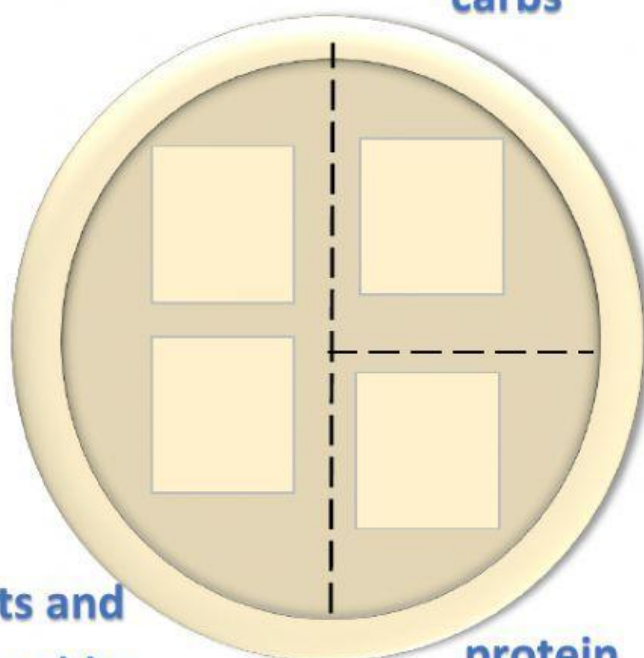


Fruits and
vegetables

protein



carbs



Fruits and
vegetables

protein

