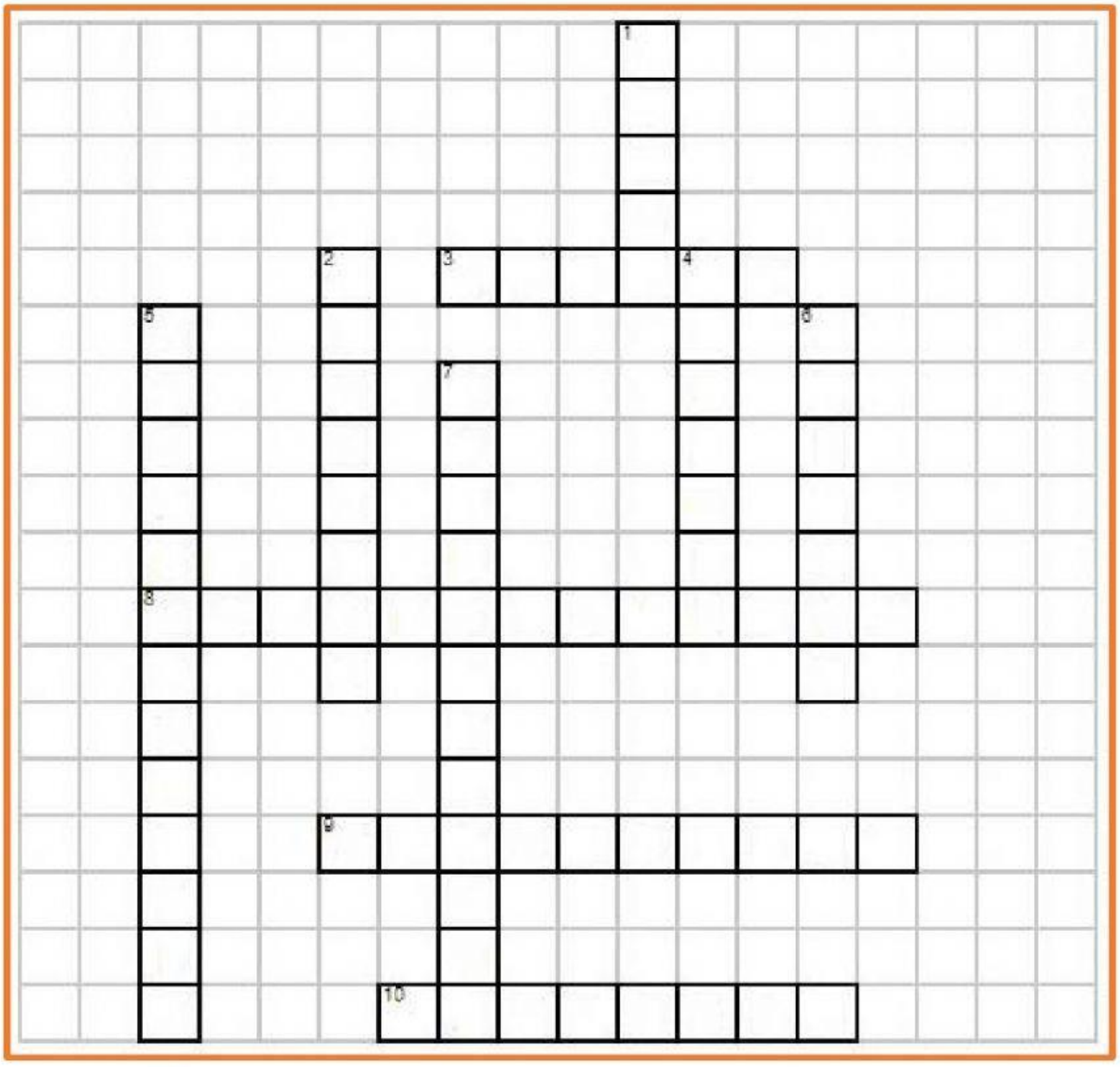
DIABETES

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

LIVEWORKSHEETS

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_____

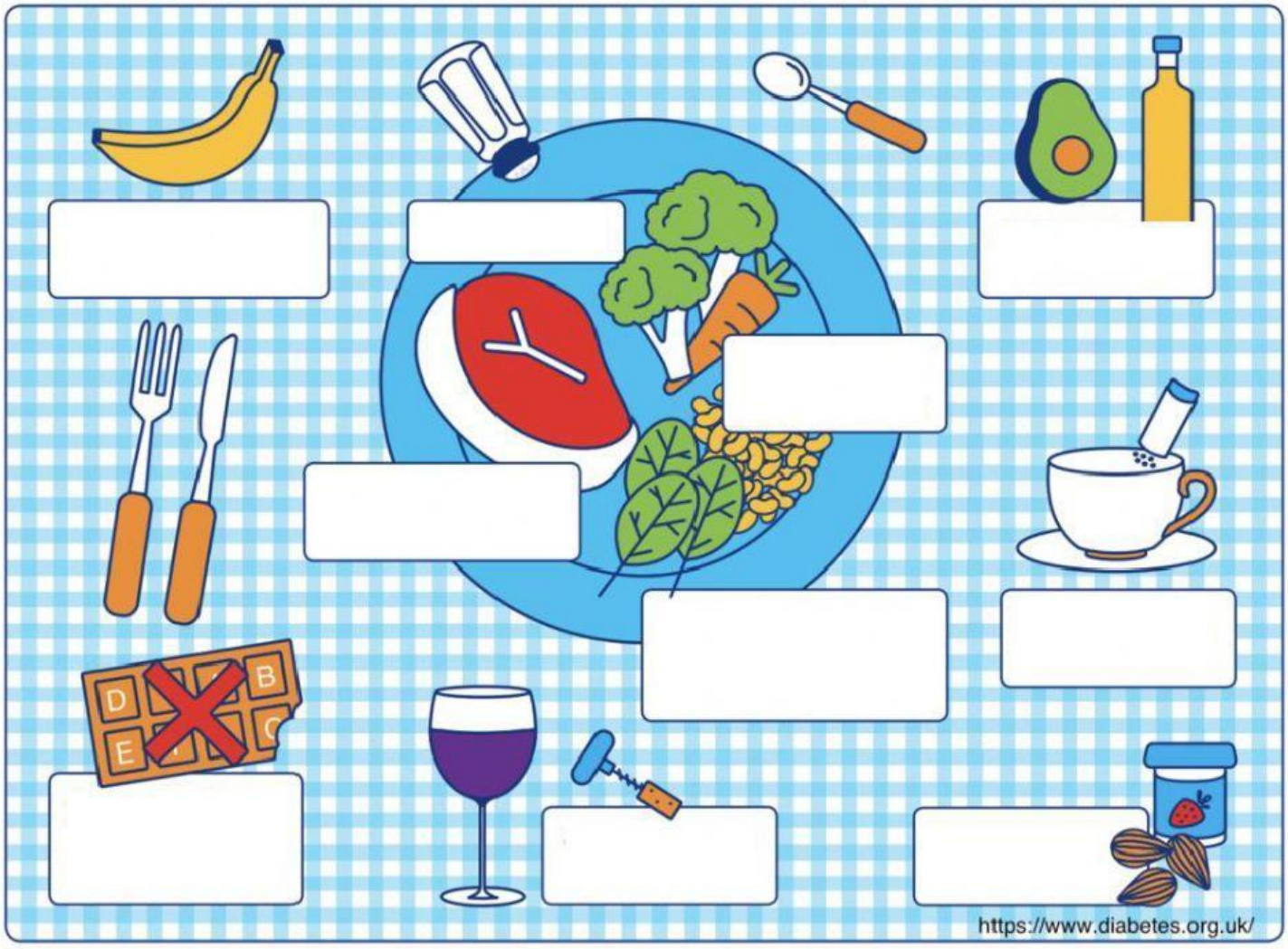
4_____

5_____

6_____

LIVEWORKSHEETS

3. Drag and drop to complete the food advices



6 Cut down on added sugar

1 Choose healthier carbohydrates

10 Get your minerals and vitamins from foods

2 Eat less salt

3 Eat less red and processed meat

4 Eat more fruit and veg

5 Choose healthier fats

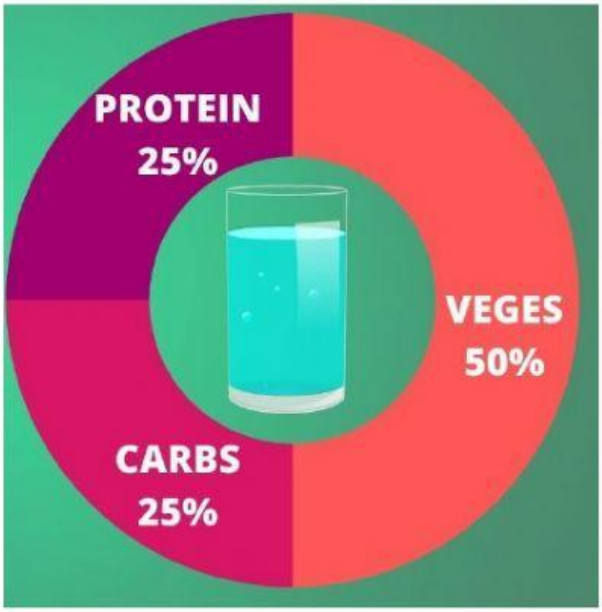
7 Be smart with snacks

8 Drink alcohol sensibly

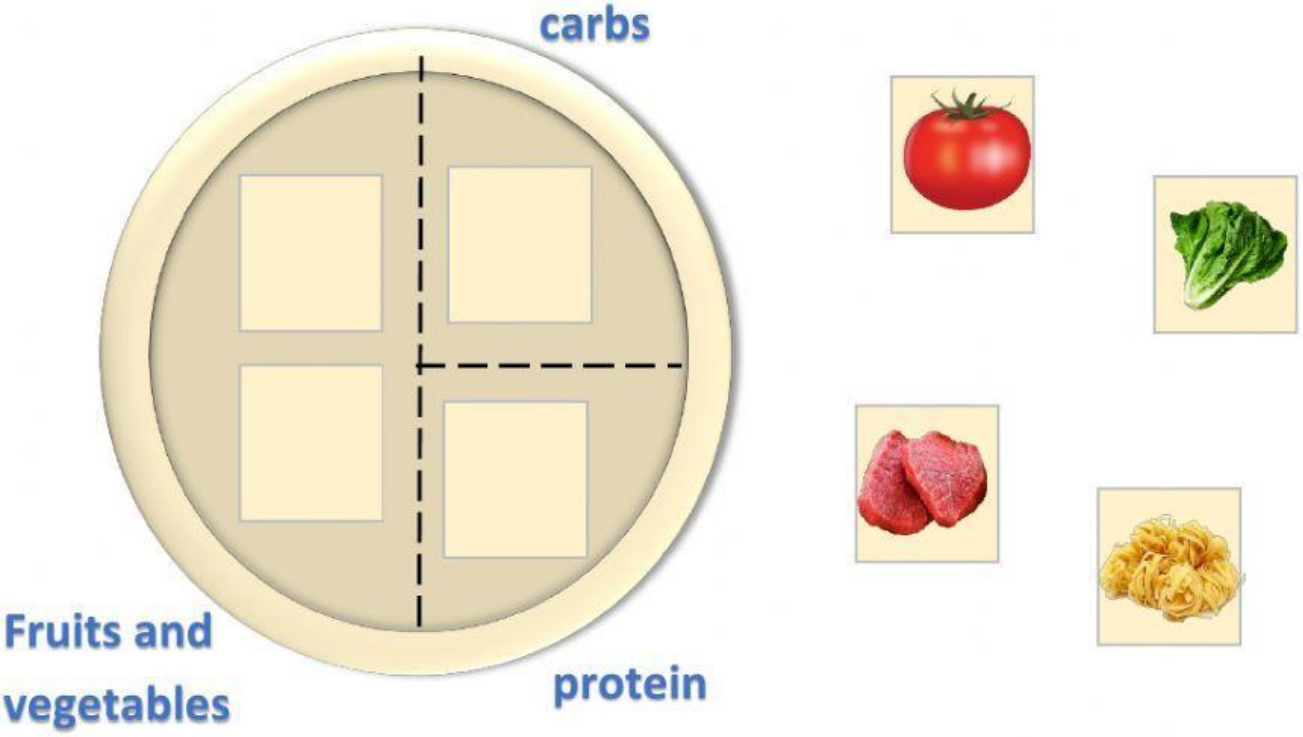
9 Don't bother with so-called diabetic foods

LIVEWORKSHEETS

DIABETIC DIET PLAN

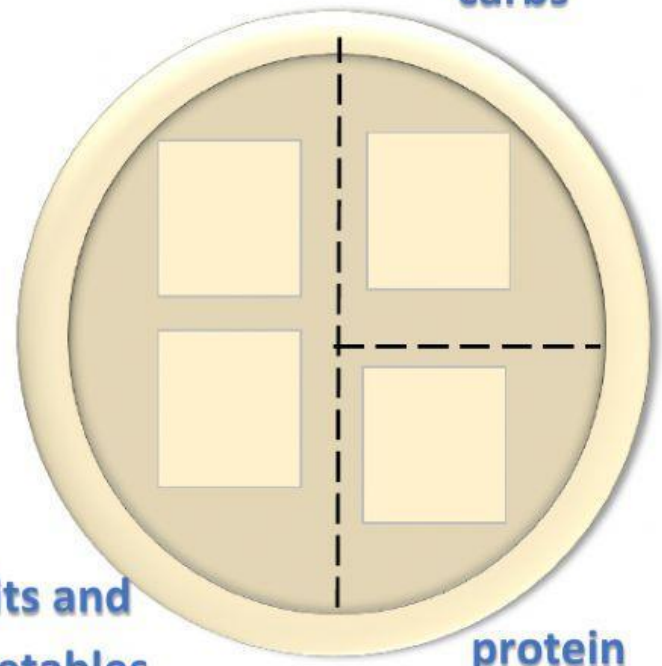


4. Drag and drop to prepare a healthy meal



LIVEWORKSHEETS

carbs



Fruits and vegetables

protein

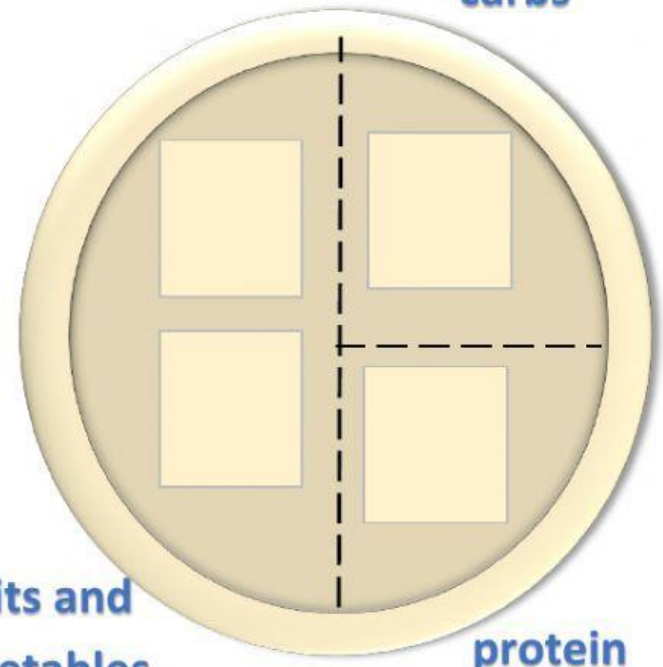








carbs



Fruits and vegetables

protein









LIVEWORKSHEETS