DELICIOUS FOOD

Cavities. When we eat anything sugary, our mouth produces acids which damage our teeth. If we eat a lot of these foods and have poor dental hygiene, we will get caries.

a. **What are the consequences of cavities? How can you prevent them?**

Diabetes. This disease is related to the way the body changes food into energy. It does not use insulin properly and cannot maintain normal blood glucose levels. Type 2 diabetes is caused by an excess of simple sugars in the diet.

DIABETES:

b. What shouldn't you eat to avoid type 2 diabetes?

High cholesterol. This comes from eating too many saturated and trans fats. These fats build up in the walls of the arteries and cause obstructions that stop the blood from flowing properly, which can cause a heart attack.

High cholesterol:

c. What types of food should we avoid to maintain healthy cholesterol levels?

Overweight. This is one of the diseases of most concern because it is so common. When we take in more energy from food than the energy we burn, it builds up in our body. This results in weight gain that can lead to obesity.

Overweight

d. Why do you think this disease is so common nowadays?

What is the relationship between food and nutriens?

LIVEWORKSHEETS

DELICIOUS FOOD

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