



Watch the following video before completing this crossword puzzle:

[The Role of Food and Health](#)

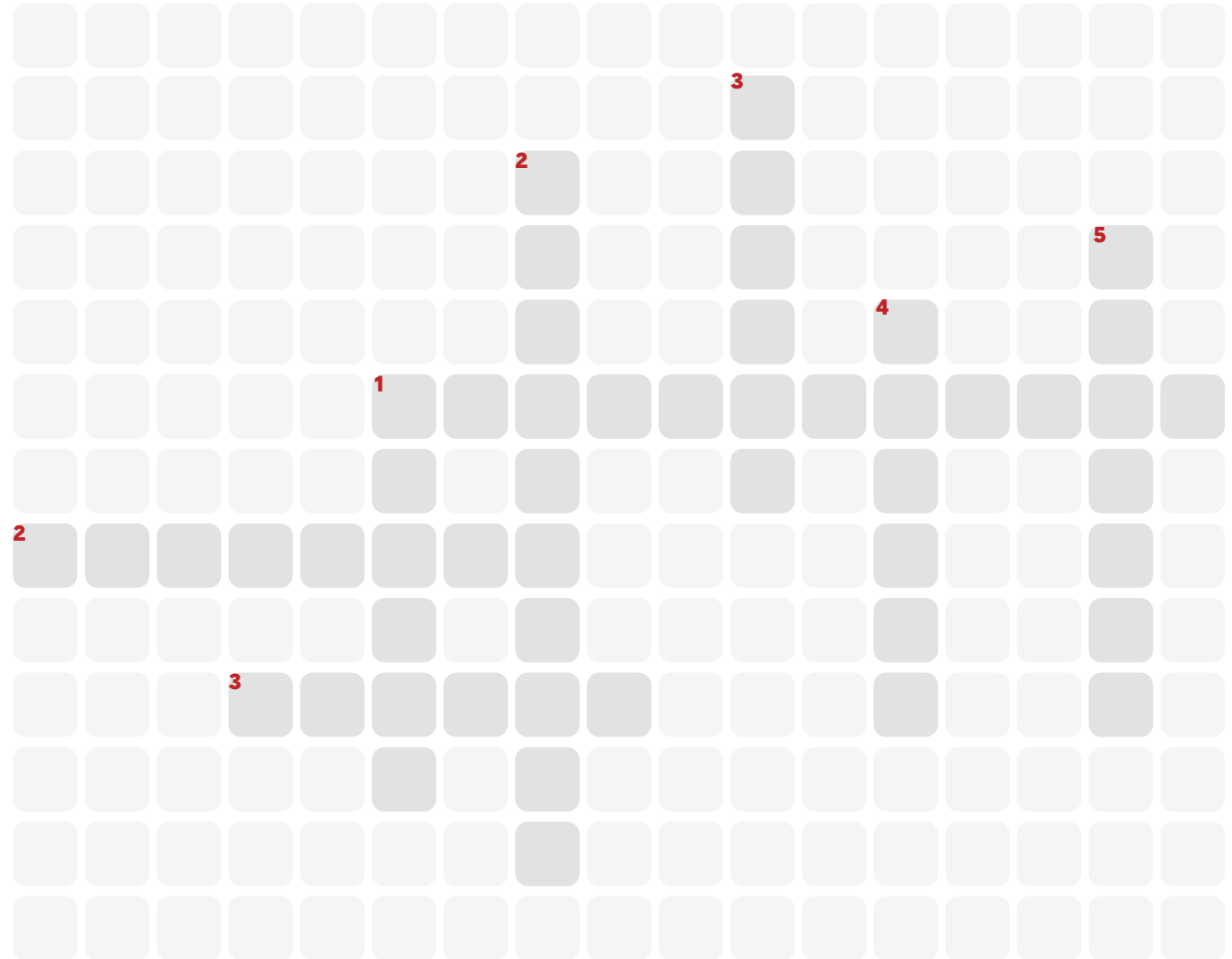
CROSSWORD PUZZLE

ACROSS:

1. Important fuel for your body
2. Condition which leads to heart disease and stroke (type 2)
3. What cells starve for when glucose levels are too high

DOWN:

1. How to eat to lower blood sugar
2. Controlling this will reduce risks of heart disease and diabetes
3. High blood sugar can cause this to your eyes, kidneys & heart
4. Limiting these types of foods and beverages promotes a healthy lifestyle
5. Hormone for controlling blood glucose levels



CROSSWORD PUZZLE

ANSWER KEY:

ACROSS:

1. Important fuel for your body
2. Condition which leads to heart disease and stroke (type 2)
3. What cells starve for when glucose levels are too high

DOWN:

1. How to eat to lower blood sugar
2. Controlling this will reduce risks of heart disease and diabetes
3. High blood sugar can cause this to your eyes, kidneys & heart
4. Limiting these types of foods and beverages promotes a healthy lifestyle
5. Hormone for controlling blood glucose levels

