

Name _____

Sugar Shock: The Impact of Sugary Drinks and Snacks on Our Health

Short Answer

1. How can regular visits to the dentist help combat tooth troubles caused by sugar?
2. Explain the concept of the "sugar roller coaster" and its effects on mood and energy levels.
3. Name one natural source of sweetness that can be a healthier alternative to sugary snacks.
4. How can high triglyceride levels in the blood impact heart health?
5. What is type 2 diabetes, and how is it related to excessive sugar consumption?

