

Name _____

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

Short Answer Key

1. Regular visits to the dentist can help combat tooth troubles by allowing for early detection and treatment of dental issues such as cavities.
2. The "sugar roller coaster" refers to the rapid rise and fall of blood sugar levels after consuming sugary foods or drinks. This can lead to mood swings and a decrease in energy levels.
3. One possible answer: Fresh fruits, such as apples or berries.
4. High triglyceride levels in the blood can increase the risk of heart disease by contributing to the buildup of plaque in the arteries, leading to reduced blood flow to the heart.
5. Type 2 diabetes is a chronic condition characterized by elevated blood sugar levels. Excessive sugar consumption can contribute to the development of this condition by affecting insulin sensitivity and function.

