

Name: _____ Date: _____ Period: _____

Health and Nutrition

S T E X B L O O D G L U C O S E S T O M A C H H
H Q K O T N J F R A Q W Z U Z D A O M N X F T F
D E K C O K U Y Q W L G L Y C E M I C I N D E X
P I A B Q R O R M D Y S N O I T S E G I D D G U
Z E U R X G U R P C P H Q Z Y C J K T Q L C X Z
M C E V N J J Q R A I W Q V D Z H H A D G Q T G
B L E D V J S T P T V O A Q A W W C M N T X O N
X M G V R A F J L Q J V X F E V Q V Z C A Y V Q
G O S O F T J A P N C E K U T I H W V G W Q T S
Z D Q N R X I S X I O R X Q S Z N B U B G Q X G
D E M N P C D B H E Z W A N D C B A L A N C E E
J R O A I F D R Y T B O E F N M S K T U Z W D X
M A D R O C J A M O I R T C A E O A V V B P K R
Z T E Q D U T C Y R P K V R W T J H Q X J M J H
P E R R Z Q N X Q P A H L W O O B N E W X Z Q A
H C A O M B T E C L E Y O M L B U A Q Y A L R N
M A T H P F X L L P B W B H S O F V O G V Z E K
D R I E Q E F P F Z U J X J C L W C X F N J B K
G B O O F Z D M L V D Y W S C I A K T A H N F V
T S N S L X G O J J G K J R W S J W A T C F H A
C E R G T T D C F D G H C Y F M T H I S G N R M
L K S B R A C E L P M I S U S V E O O B Z F V C
O Y E W F W W D V A F R T K S T I Z M T G G E N
R C A A G W D A Y L J K O R C B D P I N Z L V V

slow and steady
complex carbs
metabolism
overwork
stomach

moderate carbs
blood glucose
moderation
balance
diet

glycemic index
simple carbs
digestion
protein
fats