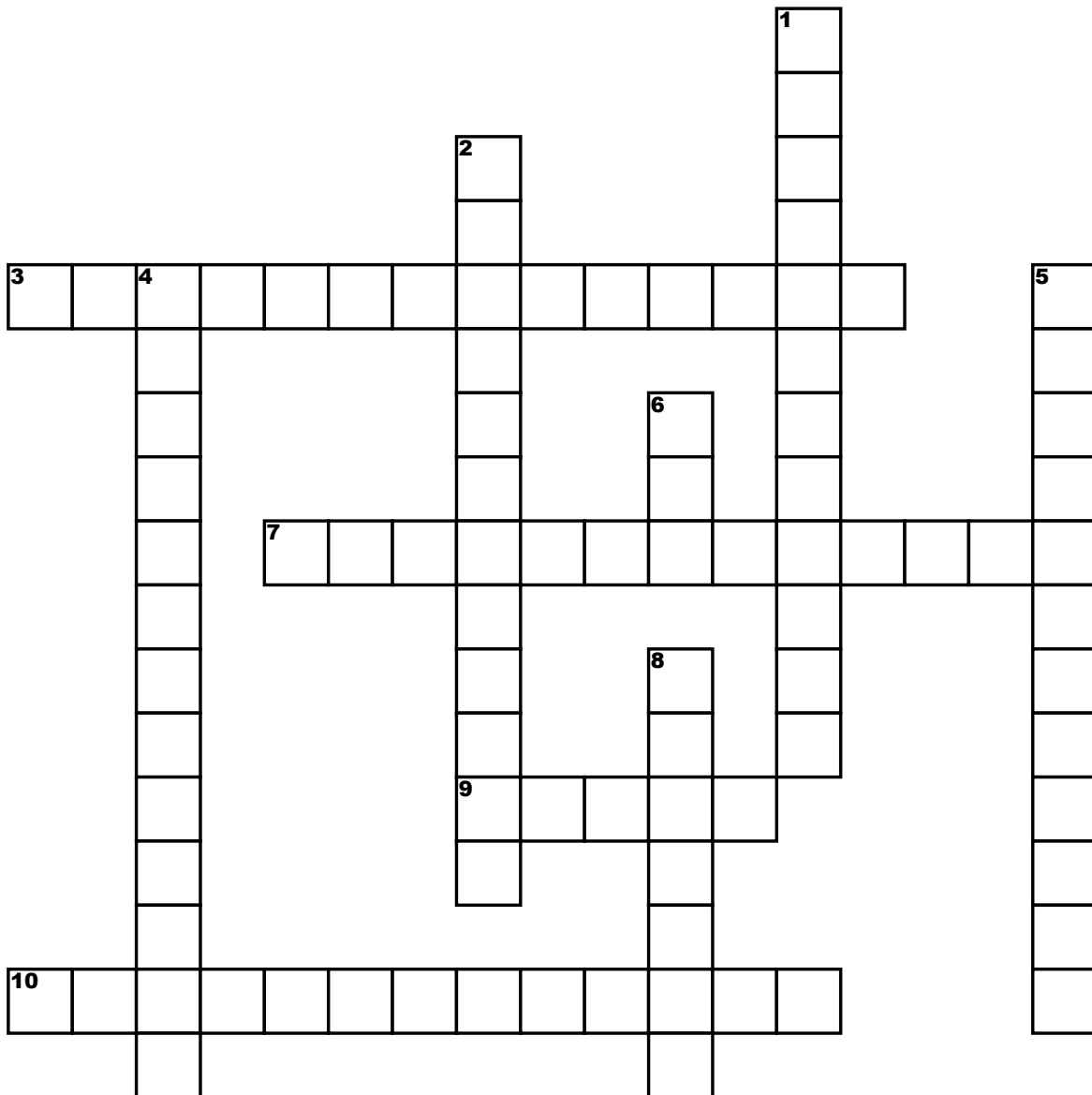


Name: \_\_\_\_\_

# Health problems caused by a poor diet



## **Across**

**3. What does body fat cushion?**

**7. what can contribute to stress, tiredness and our capacity to work?**

**9. what is it called when you are extremely overweight?**

**10. what is caused by getting more nutrients than you need?**

## **Down**

**1. how can most people restore their normal blood glucose balance?**

**2. what is caused by a lack of nutrients in your diet?**

**4. this is an impact of poor health...**

**5. what is the best way to prevent malnutrition?**

**6. What is excess food stored as?**

**8. what is the name for a hormone produced in the pancreas, which can also lead to type 2 diabetes?**