

Complete the summary of the essay using the words in the box.

Type 2 diabetes is one of the most common  global health problems today and medical evidence  suggests that many more people will have this condition  in the future. Long-term problems for people with diabetes include poor vision and the risk of losing a foot  because of the high level of sugar  in their blood. However, type 2 diabetes can be prevented  if people change their lifestyles. The most important changes are to improve  our diets, to do more exercise  and to stop smoking.

1 It is predicted that by 2030 over 500 million people will have type 2 diabetes. 

☒ True

☐ False

2 Type 2 diabetes is a disease that develops because of our lifestyle choices. 

☐ True

☒ False

3 Type 2 diabetes occurs when there is not enough sugar in the blood. 

☐ True

☒ False

4 The long term problems of diabetes are not well known. 

☒ True

☐ False

4 The long term problems of diabetes are not well known.



- ☒ True
- ☐ False

5 High blood sugar makes the blood move more slowly around the body.



- ☒ True
- ☐ False

6 The worst thing that can happen is that an arm has to be removed below the ankle.



- ☐ True
- ☒ False

Choose the correct words to complete the sentences.

- 1 Diabetes can develop  if we have a poor lifestyle.
- 2 Smoking can  diabetes as it affects blood sugar levels.
- 3 Being overweight is linked to  blood sugar levels.
- 4 Exercise is not only good for our bodies – it can also help to  blood sugar levels.
- 5 Stress can  people eating sugary snacks.

5 Stress can  people eating sugary snacks.

6 A solution to diabetes  be found in a pill from the doctor.

Verb

Noun

Adjective

injure

injury



injured

reduce



reduction



reduced

solve



solution



solvable

recognize

recognition



recognizable



educate



education



educational

encourage



encouragement



encouraging

Complete the sentences using the correct forms of the words in brackets.

1 Health *education* is one way governments can try to improve the health of the people. ✓

Start again

2 It is very important for doctors to *recognize* the early signs of a serious disease or condition. ✓

Start again

3 There needs to be a large *reduction* in the number of people developing type 2 diabetes. ✓

Start again

4 After the road accident, all the *injured* people were taken to the nearest hospital. ✓

Start again

4 After the road accident, all the *injured* people were taken to the nearest hospital. ✓

Start again

5 Many young people need *encouragement* to exercise and eat healthily. ✓

Start again

6 Banning the advertising of junk food is one possible *solution* to obesity. ✓

Start again

1 Heart

disease



2 Junk

food



3 Educational

programmes



4 Balanced

diet



5 Nutritional

value



6 Advertizing

campaign



7 Life

expectancy



8 Team

sports



- 1 Eating too much  can lead to obesity and a high risk of .
- 2 It is not clear the government's  are successful in changing people's eating habits.
- 3 One reason that junk food is so popular is that companies spend a lot of money on  aimed at children.
- 4 There may be a link between the amount of junk food people eat and their .
- 5 Most junk foods are high in sugar and fats, so they have very little .
- 6 Exercise is important for health and  are an

- | | | |
|--|---|---|
| 1 Global action needs to be taken to | reduce the number of people with type 2 diabetes. | ✓ |
| 2 People need to be made aware of how sugary foods can cause diabetes so | they can take action to improve their diets. | ✓ |
| 3 Sports clubs should be built so that | more people can exercise in a social environment. | ✓ |
| 4 We all need to exercise in order to | burn more calories and maintain a healthy heart. | ✓ |
| 5 Professional cyclists use wind tunnels so that | they can analyze their body positions. | ✓ |
| 6 Many governments put a tax on cigarettes in order to | reduce the number of people who smoke. | ✓ |

1 There are several types of eye problems linked to type 2 diabetes , such as blurred vision and loss of sight .



2 Foot problems can be caused by type 2 diabetes . For instance , pain or loss of feeling . ✓

3 There are some important steps we can take to reduce our chances of developing type 2 diabetes ,

for example , giving up smoking . ✓

4 Some people think that all television advertising of junk food should be banned , especially

during children's television programmes . ✓

5 All types of exercise are good for us . for example , walking, running, cycling or swimming . ✓

6 Unfortunately many cheap foods are full of fat and sugar , especially popular foods like pizza and ice cream



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