



PreDiabetes Matching Puzzle

Match the words on the left with correct sentence on the right

EXAMPLE: **1** Car → **A** A vehicle used to travel.

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| 1 Hemoglobin A1c | A Blood sugar is high and the body has too little insulin or can't use insulin properly |
| 2 Exercise | B A blood test that measures your average blood sugar levels over the past 2-3 months |
| 3 Gestational Diabetes | C A healthy diet rich in vegetables, fruits, beans, whole grains, nuts, fish, skinless poultry, lean meats, and plant-based proteins |
| 4 Hyperglycemia | D Regular physical activity that can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels |
| 5 Obesity | E The main sugar found in the blood and the body's main source of energy |
| 6 Nutrition | F A type of diabetes that only develops during pregnancy |
| 7 Hypoglycemia | G A doctor who treats individuals with diabetes |
| 8 PreDiabetes | H When a person's body weight is greater than what is considered normal or healthy for a certain height. |
| 9 Blood Glucose | I A condition that occurs when a person's blood glucose is lower than normal |
| 10 Endocrinologist | J A condition classified in people who have blood sugar or hemoglobin A1C higher than normal, but not high enough to be classified as diabetes |

Answers: 1b, 2d, 3f, 4a, 5h, 6c, 7i, 8j, 9e, 10g