



# Diabetes Word Scramble

**Description:** This game is designed as fun test of word recognition.

- Objectives:**
- To reinforce what is already known about diabetes
  - To identify words that are associated with diabetes

**Age range:** 5-16 year olds

**Setting:** Comfortable setting area

**Materials**

- Needed:**
- Copies of puzzle (**Note: 2 versions of puzzle for 1) Younger Players 5-9 year olds and 2) Older Players 10-16 year olds**)
  - Pencils

**Directions:** The individuals must correctly answer the 2-part series that consist of filling in the blanks and also a word scramble.

**Adaptations or**

**Modifications:** None suggested.

**Sample:** See following pages.

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## Diabetes Word Scramble

### Younger Players (5-9 Year Olds)

1. ADA stands for A\_\_\_\_\_ D\_\_\_\_\_ A\_\_\_\_\_.  
Arcnmiae Daestbei Asoiinsctoa
2. The P\_\_\_\_\_ food group consists of meat, fish, and poultry; you should eat at least 2 servings a day.  
Pnotrie
3. Some diabetics must take I\_\_\_\_\_ injections in order to control their blood sugar.  
InunslI
4. Low blood sugar is called H\_\_\_\_\_.  
Hplcmayogeyi
5. A N\_\_\_\_\_ is a person who can help you develop a healthy diet.  
Nurtoittiins
6. "N\_\_\_\_\_" hypoglycemia means a blood sugar level drop at night.  
Nncotrula
7. Drinking plenty of water helps our body to maintain a stable T\_\_\_\_\_.  
Tpatreemuer
8. Insulin is a hormone that is produced from special cells in our P\_\_\_\_\_.  
Psaercna
9. You should drink plenty of W\_\_\_\_\_ while you are exercising to replenish lost body fluids.  
Wreta
10. Some diabetics can take P\_\_\_\_\_ instead of insulin injections in order to control their diabetes.  
Plils
11. You can check your blood sugar levels with a blood G\_\_\_\_\_ monitor.  
Gesocul
12. You should make it a habit to always read the L\_\_\_\_\_ on foods.  
Llebas
13. Ice cream, pizza, and hamburgers are loaded with S\_\_\_\_\_ fats.  
Sdettarua
14. Uncontrolled blood sugar can lead to a S\_\_\_\_\_ or other diabetes-related illnesses.  
Stoker



## Diabetes Word Scramble Younger Players (5-9 Year Olds)

15. Eating at least 3 balanced meals a day will help with the M\_\_\_\_\_ of diabetes.  
Mtnngemanae
16. Mushrooms, carrots, watermelon, green beans, and cabbage are all in the V\_\_\_\_\_ food group.  
Vetbeglae
17. P\_\_\_\_\_ taken off slowly will be more likely to stay off.  
Pdonsu
18. You should E\_\_\_\_\_ at least 30 minutes each day to help with the control of your diabetes.  
Eercxesi
19. Use the ADA food P\_\_\_\_\_ to select a variety of healthy food choices.  
Pdrymia
20. Always follow your D\_\_\_\_\_ orders or advice concerning your health.  
Dtrococ's
21. Our body uses carbohydrates as a main source of E\_\_\_\_\_.  
Engrye
22. You should eat sweets in M\_\_\_\_\_.  
Mtaerdooni
23. It's okay to have a S\_\_\_\_\_ in between meals.  
Sknca
24. Sodas, teas, and coffee often contain high levels of C\_\_\_\_\_.  
Cefineaf
25. Always make healthy D\_\_\_\_\_ about the foods you eat.  
Dsicienso
26. Choose a diet that is low in S\_\_\_\_\_/sodium.  
Stla



## Diabetes Word Scramble

### Answer Sheet Younger Players (5-9 Year Olds)

1. ADA stands for American Diabetes Association.  
Arcnmiae Daestbei Asoiinsctoa (American Diabetes Association)
2. The Protein food group consists of meat, fish, and poultry; you should eat at least 2 servings a day.  
Pnotrie (Protein)
3. Some diabetics must take Insulin injections in order to control their blood sugar.  
Inunqli (Insulin)
4. Low blood sugar is called Hypoglycemia.  
Hplcmayogeyi (Hypoglycemia)
5. A Nutritionist is a person who can help you develop a healthy diet.  
Nurtoittiins (Nutritionist)
6. “Nocturnal” hypoglycemia means blood sugar level drop at night.  
Nncotrula (Nocturnal)
7. Drinking plenty of water helps our body to maintain a stable Temperature.  
Tpatreemuer (Temperature)
8. Insulin is a hormone that is produced from special cells in our Pancreas.  
Psaercna (Pancreas)
9. You should drink plenty of Water while you are exercising to replenish lost body fluids.  
Wreta (Water)
10. Some diabetics can take Pills instead of insulin injections in order to control their diabetes.  
Pills (Pills)
11. You can check your blood sugar levels with a blood Glucose monitor.  
Gesocul (Glucose)
12. You should make it a habit to always read the Labels on foods.  
Llebas (Labels)
13. Ice cream, pizza, and hamburgers are loaded with Saturated fats.  
Sdettarua (Saturated)
14. Uncontrolled high blood sugar can lead to a Stroke or other diabetes-related illnesses.  
Stoker (Stroke)



## Diabetes Word Scramble

### Answer Sheet Younger Players (5-9 Year Olds)

15. Eating at least 3 balanced meals a day will help with the Management of diabetes.  
Mtnngemanae (Management)
16. Mushrooms, carrots, watermelon, green beans, and cabbage are all apart of the Vegetable food group.  
Vetbeglae (Vegetable)
17. Pounds taken off slowly will be more likely to stay off.  
Pdonsu (Pounds)
18. You should Exercise at least 30 minutes each day to help with the control of your diabetes.  
Eercxesi (Exercise)
19. Use the ADA food Pyramid to select a variety of healthy food choices.  
Pdymia (Pyramid)
20. Always follow your Doctor's orders or advice concerning your health.  
Dtrocos' (Doctor's)
21. Our body uses carbohydrates as a main source of Energy.  
Engrye (Energy)
22. You should eat sweets in Moderation.  
Mtaerdooni (Moderation)
23. It's ok to have a Snack in between meals.  
Sknca (Snack)
24. Sodas, teas, and coffee often contain high levels of Caffeine.  
Cefineaf (Caffeine)
25. Always make healthy Decisions about the foods you eat.  
Dsicienso (Decisions)
26. Choose a diet that is low in Salt/sodium.  
Stla (Salt)



## Diabetes Word Scramble Older Players (10-16 Year Olds)

1. ADA stands for \_\_\_\_\_.  
rcnmaiae adestbei soaiinsctoa
2. The \_\_\_\_\_ food group consists of meat, fish, and poultry; you should eat at least 2 servings a day.  
noptrie
3. Some diabetics must take \_\_\_\_\_ injections in order to control their blood sugar.  
niunsl
4. Low blood sugar is called \_\_\_\_\_.  
plcmhayogyei
5. A \_\_\_\_\_ is a person who can help you develop a healthy diet.  
urntoittiins
6. “\_\_\_\_\_” hypoglycemia means a blood sugar level drop at night.  
ncontrula
7. Drinking plenty of water helps our body to maintain a stable \_\_\_\_\_.  
patrteemuer
8. Insulin is a hormone that is produced from special cells in our \_\_\_\_\_.  
saerpna
9. You should drink plenty of \_\_\_\_\_ while you are exercising to replenish lost body fluids.  
rewta
10. Some diabetics can take \_\_\_\_\_ instead of insulin injections in order to control their diabetes.  
lilps
11. You can check your blood sugar levels with a blood \_\_\_\_\_ monitor.  
esogcul
12. You should make it a habit to always read the \_\_\_\_\_ on foods.  
llebas
13. Ice cream, pizza, and hamburgers are loaded with \_\_\_\_\_ fats.  
dettarsua
14. Uncontrolled blood sugar can lead to a \_\_\_\_\_ or other diabetes-related illnesses.  
stoker



## Diabetes Word Scramble Older Players (10-16 Year Olds)

15. Eating at least 3 balanced meals a day will help with the \_\_\_\_\_  
of diabetes.  
tngmemanae
16. Mushrooms, carrots, watermelon, green beans, and cabbage are all in the \_\_\_\_\_  
food group.  
etbegvlae
17. \_\_\_\_\_ taken off slowly will be more likely to stay off.  
donspu
18. You should \_\_\_\_\_ at least 30 minutes each day to help with the control of  
your diabetes.  
ercexesi
19. Use the ADA food \_\_\_\_\_ to select a variety of healthy food choices.  
drypmia
20. Always follow your \_\_\_\_\_ orders or advice concerning your health.  
trocdos'
21. Our body uses carbohydrates as a main source of \_\_\_\_\_.  
rngeye
22. You should eat sweets in \_\_\_\_\_.  
taedmoonir
23. It's okay to have a \_\_\_\_\_ in between meals.  
ksnca
24. Sodas, teas, and coffee often contain high levels of \_\_\_\_\_.  
efinceaf
25. Always make healthy \_\_\_\_\_ about the foods you eat.  
siciendso
26. Choose a diet that is low in \_\_\_\_\_/sodium.  
tsla





## Diabetes Word Scramble

### Answer Sheet Older Players (10-16 Year Olds)

1. ADA stands for American Diabetes Association.  
rcnmaiae adestbei soaiinsctoa (American Diabetes Association)
2. The protein food group consists of meat, fish, and poultry; you should eat at least 2 servings a day.  
noptrie (protein)
3. Some diabetics must take insulin injections in order to control their blood sugar.  
niunslu (insulin)
4. Low blood sugar is called hypoglycemia.  
plcmhayogyei (hypoglycemia)
5. A nutritionist is a person who can help you develop a healthy diet.  
urntoittiins (nutritionist)
6. “Nocturnal” hypoglycemia means blood sugar level drop at night.  
ncontrula (Nocturnal)
7. Drinking plenty of water helps our body to maintain a stable temperature.  
patrteemuer (temperature)
8. Insulin is a hormone that is produced from special cells in our pancreas.  
saerpcna (pancreas)
9. You should drink plenty of water while you are exercising to replenish lost body fluids.  
rewta (water)
10. Some diabetics can take pills instead of insulin injections in order to control their diabetes.  
lilps (pills)
11. You can check your blood sugar levels with a blood glucose monitor.  
esogcul (glucose)
12. You should make it a habit to always read the labels on foods.  
llebas (labels)
13. Ice cream, pizza, and hamburgers are loaded with saturated fats.  
dettarsua (saturated)
14. Uncontrolled high blood sugar can lead to a stroke or other diabetes-related illnesses.  
stoker (stroke)



## Diabetes Word Scramble

### Answer Sheet Older Players (10-16 Year Olds)

15. Eating at least 3 balanced meals a day will help with the management of diabetes.  
tngmemanae (management)
16. Mushrooms, carrots, watermelon, green beans, and cabbage are all apart of the vegetable food group.  
etbegylae (vegetable)
17. Pounds taken off slowly will be more likely to stay off.  
donspu (Pounds)
18. You should exercise at least 30 minutes each day to help with the control of your diabetes.  
ercexesi (exercise)
19. Use the ADA food pyramid to select a variety of healthy food choices.  
drypmia (pyramid)
20. Always follow your doctor's orders or advice concerning your health.  
trocdos' (doctor's)
21. Our body uses carbohydrates as a main source of energy.  
rngeye (energy)
22. You should eat sweets in moderation.  
taedmoonir (moderation)
23. It's ok to have a snack in between meals.  
ksnca (snack)
24. Sodas, teas, and coffee often contain high levels of caffeine.  
efinceaf (caffeine)
25. Always make healthy decisions about the foods you eat.  
siciendso (decisions)
26. Choose a diet that is low in salt/sodium.  
tsla (salt)