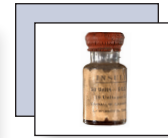
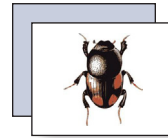


# kids' kreation



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# 108

## STAYING HEALTHY

for Christ's glory!

The "heavenly insulin" of Christ's Spirit helps us feed on God's Word, a rich banquet of truth. We then become filled with a sweet knowledge of Christ, equipped to behold and herald His glory in all the Earth (Isaiah 6:3; 1 Peter 2:9).

Exercise is vital to physical health!



Our Lord Jesus calls us to love Him with all our heart, soul, mind, and strength. When we are satisfied in God, then the healthy things we do will please Him and bring joy to our lives.



One in three children born in the United States will likely develop Type 2 diabetes sometime in their lifetime unless they get more exercise and improve their diets. Video games /screen time often lead to overeating and physical inactivity.



Clockwise front page:  
Girl swinging—© Petr Bonek / Shutterstock  
Father and daughter—© Duplass / Shutterstock  
Boy with jump rope—© Africa Studio / Shutterstock  
Upside-down girl—© Duplass / Shutterstock  
Boy kicking ball— © Africa Studio / Shutterstock  
Banana—Evan Amos CC BY-SA 3.0  
Girl exercising—© VaLiza / Shutterstock  
Bread maze—© Meiro Yoshikawa / Shutterstock  
Fruit fly—© Can Stock Photo / neryx

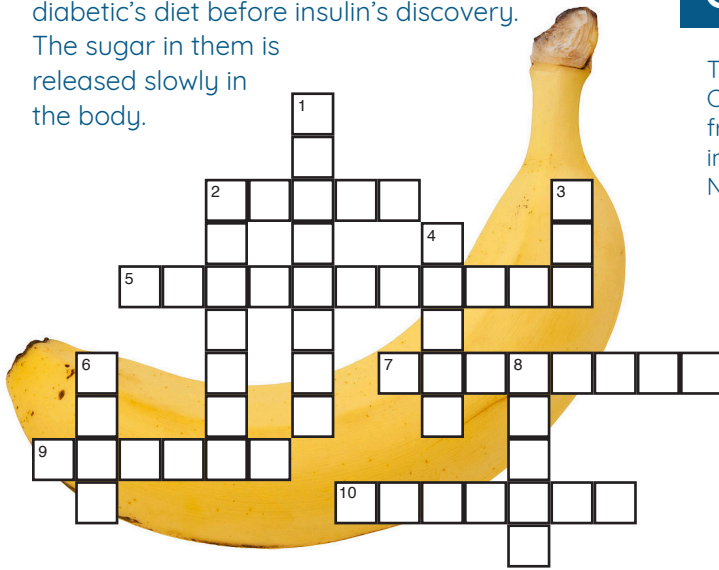
Bananas were a mainstay of the diabetic's diet before insulin's discovery. The sugar in them is released slowly in the body.

## CROSSWORD

The words used in the CROSSWORD are taken from the article found in **CREATOR** Volume 26 Number 4.

Answers to CROSSWORD found in *kids' kreation* # 107

**Across:** 4. READ 5. PRESENCE  
8. CREATION 10. POISONOUS 12. SAFE  
13. HARMLESS 14. DANGER 15. SEEK  
**Down:** 1. PROTECTS 2. LIFE  
3. WORSHIP 6. RAINS 7. SONGS  
9. HEMLOCK 11. NATURE

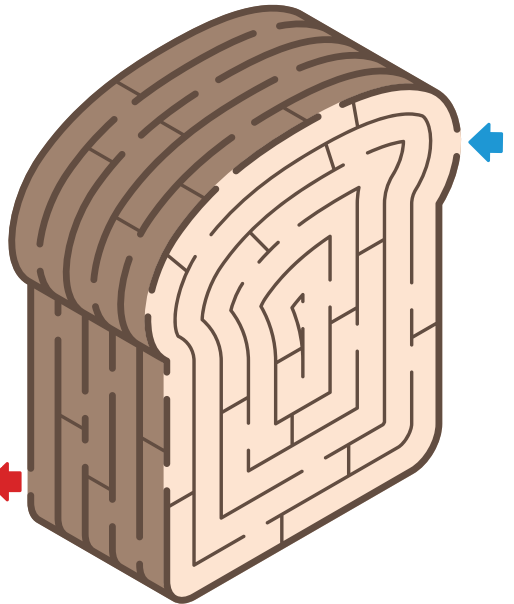


### Across

- Our \_\_\_\_\_ feeds almost exclusively on sugar (glucose).
- Our body is "fearfully and \_\_\_\_\_ made" (Psalm 139:14).
- The \_\_\_\_\_ helps transform the food we eat into much-needed ATP energy.
- Metabolism is the flow of \_\_\_\_\_ through an organism.
- The islets of Langerhans in the pancreas manufacture two hormones— \_\_\_\_\_ and glucagon.

### Down

- Someone with Type I \_\_\_\_\_ lacks insulin.
- Drs. \_\_\_\_\_, Best, Collip, and Macleod discovered insulin in 1921 – 1922.
- Insulin is a "\_\_\_\_\_ " that opens our cells to life-giving sugar.
- After a meal, blood \_\_\_\_\_ begins to rise.
- "You shall love the Lord your God with all your heart, and with all your soul, and with all your \_\_\_\_\_ ." Matthew 22:37
- A diabetic loses his or her ability to move sugar from the bloodstream into their \_\_\_\_\_ .



A Bread Maze

## WORD SEARCH

### WORD BANK

BODY	INSULIN
BRAIN	MERCY
DIABETES	METABOLISM
DISEASE	MIND
ENERGY	PANCREAS
ENZYMES	SUGAR
GLUCOSE	SWEET
HORMONES	TRUTH

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

All vertebrates—mammals, birds, reptiles, amphibians, fish—can develop diabetes. If a captive fruitfly (an invertebrate) overeats, it, too, can develop diabetes and die!

