

# ICAP Health Week 7 Homework

**Due: March 10th**

- 1. What levels in our body does soda "clearly elevate"?**
- 2. Name 5 diseases that have been linked to elevated levels of the above answer**
- 3. What two things have "great influence on the expression of your genes"**
- 4. "You are \_\_\_\_\_"**
- 5. What does sugar do to your genes?**
- 6. Name 2 healthy foods that have been scientifically shown to alter genes in a positive way.**
- 7. What is the number one source of calories in the United States?**
- 8. Explain the difference between fructose & glucose**