Quiz

Instructions: Answer each question.

1. Diabetes is a disease that changes the way the body uses _____________.
   a. fat
   b. protein
   c. glucose
   d. food labels

2. Exercise helps people manage diabetes because _________________.
   a. it helps them maintain a healthy weight
   b. it helps their bodies use insulin
   c. it helps reduce their risk of heart disease
   d. all of the above

3. True or false: Being sick doesn’t affect someone with diabetes.

4. In type 1 diabetes, the pancreas _________________.
   a. still makes insulin, but insulin doesn’t do its job as well getting glucose into the body’s cells
   b. doesn’t make insulin anymore
   c. makes more glucose than the body can handle
   d. none of the above

5. In type 2 diabetes, the pancreas _________________.
   a. still makes insulin, but insulin doesn’t do its job as well getting glucose into the body’s cells
   b. doesn’t make insulin anymore
   c. makes more glucose than the body can handle
   d. none of the above

6. Name two ways that type 1 diabetes is treated.

7. Name two ways that type 2 diabetes is treated.

8. List three signs of having either type 1 or type 2 diabetes.

9. True or false: Eating a lot of sugar causes diabetes.

10. True or false: Diabetes can’t be prevented.