Quiz Answer Key

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

2. Exercise helps people manage diabetes because all of the above.
   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. (When people with diabetes are sick, it can affect their blood sugar.)

4. In type 1 diabetes, the pancreas doesn’t make insulin anymore.
   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 still makes insulin, but insulin doesn’t do its job as well getting glucose into the body’s cells.
   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.
   Any two of these: Take insulin to use the body’s glucose, eat a healthy diet, check blood sugar levels, exercise regularly.

7. Name two ways that type 2 diabetes is treated.
   Any two of these: Check blood sugar levels, take medicine if necessary, eat a healthy diet, exercise to reach a healthy weight.

8. List three signs of having either type 1 or type 2 diabetes.
   Any three of these: Losing weight, peeing a lot, drinking a lot, eating a lot, feeling very tired.

9. True or False: Eating a lot of sugar causes diabetes. (Either the body stops making insulin or isn’t able to use it properly.)

10. True or False: Diabetes can’t be prevented. (While type 1 diabetes can’t be prevented, type 2 diabetes can sometimes be prevented by maintaining a healthy weight, eating a healthy diet, and being active every day.)