



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## 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.