



Quiz Answer Key

- Diabetes is a disease that changes the way the body uses glucose.
 - fat
 - protein
 - glucose
 - food labels
- Exercise helps people manage diabetes because all of the above.
 - it helps them maintain a healthy weight
 - it helps their bodies use insulin
 - it helps reduce their risk of heart disease
 - all of the above
- True or false: Being sick doesn't affect someone with diabetes. (When people with diabetes are sick, it can affect their blood sugar.)
- In type 1 diabetes, the pancreas doesn't make insulin anymore.
 - still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells
 - doesn't make insulin anymore
 - makes more glucose than the body can handle
 - none of the above
- 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.
 - still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells
 - doesn't make insulin anymore
 - makes more glucose than the body can handle
 - none of the above
- 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.
- 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.
- 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.
- True or false: Eating a lot of sugar causes diabetes. (Either the body stops making insulin or isn't able to use it properly.)
- 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.)