



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.