



## Diabetes 101 Worksheet

1. The hormone \_\_\_\_\_ helps my body use glucose for energy.
2. All are warning signs of Type 1 diabetes **except**:
  - Excessive thirst
  - Increased appetite
  - Sugar cravings
  - Unexplained fatigue
4. True or False: Type 2 diabetes is becoming more common in children and teenagers.  
True    False
5. Having high and uncontrolled blood sugar can lead to health issues such as
6. An A1C test is used to:
  - Diagnose Type 1 diabetes
  - Diagnose Type 2 diabetes
  - Diagnose Pre-diabetes
  - All of the above
7. True or False: Eating a healthy diet and regular physical activity only helps those with Type 2 diabetes.    True    False
8. Look for when Morgan is talking about eating sweets. Why does eating healthy foods help her control Type 2 diabetes?
9. Lizzie’s class presentation talks about managing blood glucose. How many finger sticks did Lizzie do in a year? \_\_\_\_\_
10. What is diabetes burnout?