



## Diabetes 101 Worksheet Answer Key

1. The hormone **insulin** helps my body use glucose for energy.
2. All are warning signs of Type 1 diabetes **except:**
  - a. Excessive thirst
  - b. Increased appetite
  - c. Sugar cravings
  - d. Unexplained fatigue
4. **True** or False: Type 2 diabetes is becoming more common in children and teenagers.
5. Having high and uncontrolled blood sugar can lead to health issues such as **kidney failure, blindness, heart disease, damage to circulation in hands in feet which can result in amputations.**
6. An A1C test is used to:
  - a. Diagnose Type 1 diabetes
  - b. Diagnose Type 2 diabetes
  - c. Diagnose Pre-diabetes
  - d. All of the above
7. True or **False:** Eating a healthy diet and regular physical activity only helps those with Type 2 diabetes.
8. Look for when Morgan is talking about eating sweets. Why does eating healthy foods help her control Type 2 diabetes?

**This is because a healthy diet helps to control her blood sugar. This helps to control her Type 2 diabetes which helps to decrease her risk of health complications from high blood sugar.**
9. Lizzie's class presentation talks about managing blood glucose. How many finger sticks did Lizzie do in a year? **2352**
10. What is diabetes burnout?

**When those with diabetes are no longer caring about what they eat and don't check blood sugar as often as they should. They are feeling like they are not "normal" and do things that may not be great for their blood sugar so that they can feel like every other kid.**