Biology A · Unit 6 · Level 1

Blood Sugar & Diabetes



TODAY'S PLAN

- 🌡️ Just right body
- 🔑 Insulin key
- 🩸 Diabetes
- 🥗 Healthy choices

Review · 5 minutes

Quick Review



🍬 Food turns into **sugar**.

🔥 Cells burn sugar for **energy**.

👉 Point: where does sugar go? 🩸 blood

Words to Know

Words to Know



Homeostasis
body keeps things just right



Blood sugar
sugar in my blood



Insulin
the key that lets sugar into cells



Pancreas
makes insulin

Learn

Just Right



🌡️ A **thermostat** keeps a room just right.

🧍 My body keeps **me** just right too.

Learn

Sugar in My Blood



🍎 I eat. My blood sugar goes **up**.

🏃 I move. My blood sugar goes **down**.

Learn

Insulin Is a Key



🔑 **Insulin** is like a key.

🚪 It opens the cell door. 🍬 Sugar goes **in**.

🃏 Check 1 of 3



Insulin is like a...

Point to the picture!

🧢 Hat

🔑 Key

✅ Answer · Card 1 of 3



Key

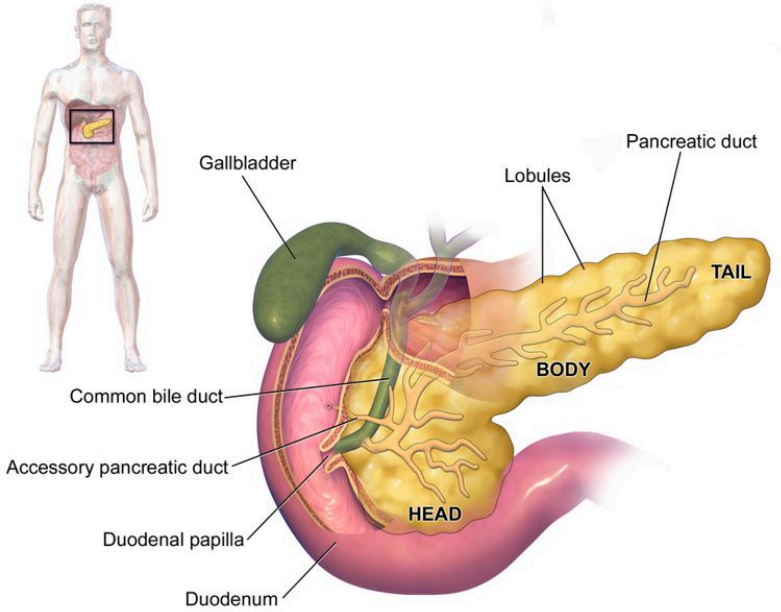
Insulin opens the cell door for sugar.

Learn

The Pancreas

🏭 The **pancreas** makes insulin.

📍 It is near the stomach.

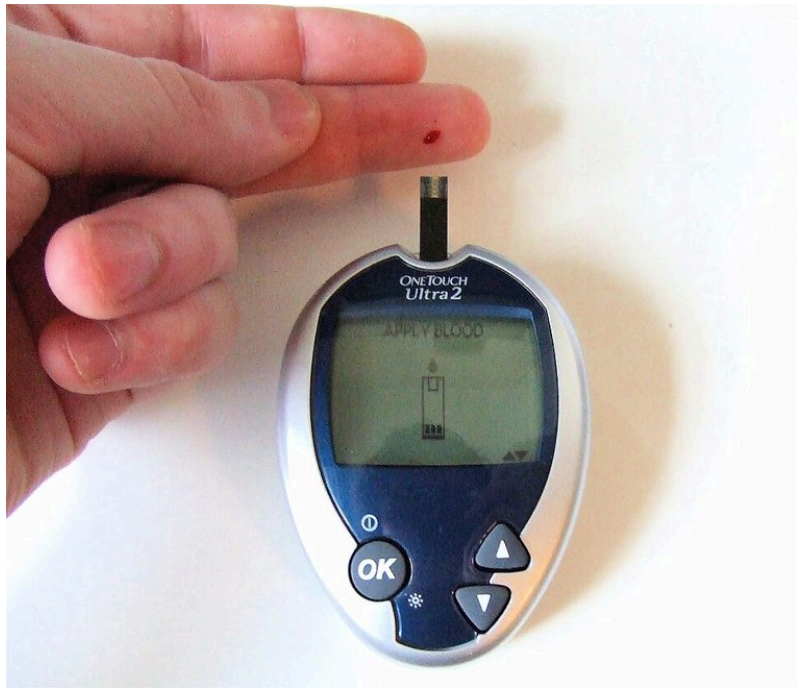


Learn

Diabetes

🩸 Diabetes: blood sugar stays **too high**.

🩺 People check with a **meter**.



Compare

Two Kinds



Type 1

1️⃣

🏭 No insulin made

💉 Needs insulin

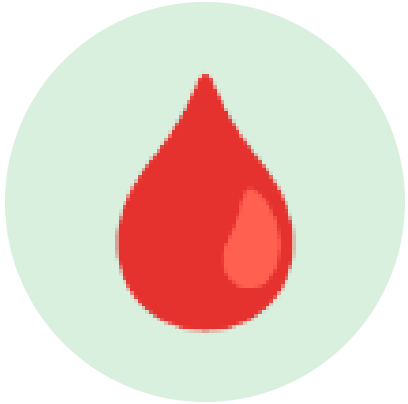
Type 2

2️⃣

🔑 Key does not work well

🥗 Habits can help

🃏 Check 2 of 3



Diabetes means blood sugar is...

Point to the picture!

⬆️ Too high

👌 Just right

✅ Answer · Card 2 of 3



Too high

Too high for too long.

Compare

Can I Change It?



Yes

✅

🥗 Food

🏃 Moving

😴 Sleep

No

❌

🧬 My family genes

🎂 My age

Learn

Healthy Choices



Water
not soda



Veggies
every day



Move
every day



Sleep
every night



Which helps blood sugar?

Point to the picture!

💧 Water

🥤 Lots of soda

✅ Answer · Card 3 of 3



Water

Water does not raise blood sugar.

Wrap-Up

Recap



Homeostasis
just right body



Insulin
the key



Diabetes
sugar too high



Choices
water, veggies, move

Wrap-Up

Great Job!



🔑 **Insulin is a key.**

🩸 **Diabetes: sugar too high.**

🥗 **I can name a healthy choice.**