✅ Blood Sugar & Diabetes Quiz

Biology A · Unit 6 · Level 2 (modified). 10 questions · 3 choices each · 1 point each.

Name: _____

Circle the best answer. You may have the questions read aloud.

1. 📊 Which is an accurate claim from the CDC data?

A. Few Americans develop type 2 diabetes

B. Many American adults are at risk for type 2 diabetes

C. Exercise increases the risk of type 2

2. 🏃 Exercise lowers the risk of type 2 diabetes because…

A. Jump rope is the only way

B. It makes you hungry

C. Exercise uses sugar, which lowers blood sugar

3. 🥗 Which claim fits the blood sugar data?

A. Healthy food choices can help regulate blood sugar

B. Food does not affect blood sugar

C. Bread does not raise blood sugar

4. 🔥 Low-intensity exercise lowers blood sugar because…

A. You stop eating

B. Muscles release sugar

C. Cells take in more sugar for energy

5. 🩸 Which is true of BOTH types of diabetes?

A. They cannot regulate blood sugar well with insulin

B. They make extra insulin

C. They are caused only by candy

6. 🏭 Insulin is made by the…

A. Liver

B. Pancreas

C. Stomach

7. 🔓 When blood sugar is low, the pancreas releases…

A. Insulin

B. Glucagon

C. Saliva

8. 🌡️ The body's ability to stay in balance is…

A. Homeostasis

B. Digestion

C. Combustion

9. 🧬 Which is a GENETIC risk factor?

A. Daily soda

B. Not sleeping

C. Family history

10. 🥗 Which is a prevention idea from A8?

A. More time for physical activity at school

B. Bigger soda sizes

C. Less PE