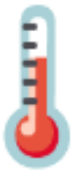
📖 Blood Sugar & Diabetes: Vocabulary Picture Cards (Level 2)

Name: _____

Cut on the dashed lines. Use the cards to match, sort, or quiz a partner.



Homeostasis

The body keeping inside conditions balanced, like a thermostat keeps a room just right.



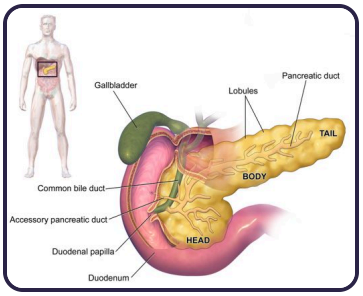
Blood sugar

Glucose in the blood. It goes up after eating.



Insulin

A hormone from the pancreas. Like a key, it unlocks cells so glucose can go in.



Pancreas

An organ near the stomach that makes insulin and glucagon.



Glucagon

A hormone from the pancreas that lets stored sugar out into the blood when blood sugar is low.



Diabetes

A disease where blood sugar stays too high for too long.



Type 1 diabetes

The pancreas makes little or no insulin. Not caused by food choices.



Type 2 diabetes

Cells stop answering insulin well, or not enough insulin. 90-95% of cases. Risk can be lowered.



Genetic risk

Risk from genes passed down from parents. We cannot change it.



Environmental risk

Risk from food, activity, sleep, money, and place. Some of it we can change.



Glucose meter

A tool that measures blood sugar from a tiny drop of blood.