

# Activities Answer Key

## Activity # 1

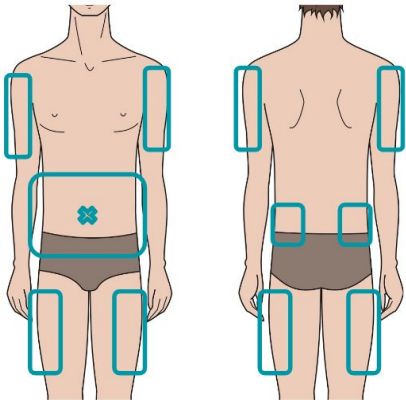
- 1) Demonstration on how to properly check blood sugar
- 2) Any three of the following:
  - Eating and drinking (carbohydrates, sugar, starches)
  - Stress or pain
  - Illness
  - Certain medications (e.g. steroids)
  - Dehydration
- 3) Any three of the following:
  - Insulin and other glucose-lowering medications
  - Exercising more than normal
  - Alcohol
- 4) True
- 5) Table on previous results and goals — answers will be individualized.

## Activity # 2

Answers will be individualized; be sure to check their answers to ensure they are taking their medications as directed.

## Activity # 2a

1. Circle parts of the body where insulin can be injected.



2. True

## Activity # 3

- 1) 1,840 calories
- 2) 15 grams
- 3) False
- 4) A. Total fat

# Final Quiz Answer Key

1. B
2. A
3. D
4. Any three of the following:
  - Skin infections
  - Arteriosclerosis
  - Kidney damage
  - Osteoporosis
  - Eyes (diabetic retinopathy)
  - Heart damage
  - Fatty liver
  - Nerve damage
  - Stroke
5. D
6. B
7. D
8. B, C, D, F
9. Check their responses
10. Check their responses
11. A (True)
12. B (False)
13. C