

Diabetes is a common health condition that affects how your body uses sugar, also known as glucose. When you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. Insulin is a hormone that helps glucose get into your cells to give them energy. Without enough insulin, glucose stays in your blood and can cause health problems. There are two main types of diabetes: type 1 and type 2. Type 1 diabetes usually starts in childhood or adolescence and requires insulin injections for treatment. Type 2 diabetes, which is more common, typically develops in adults and can often be managed with lifestyle changes like healthy eating and exercise, along with medication if needed

Read the text and circle the correct option based on the text.

1.What is the main concern for individuals with diabetes?

a) Blood pressure levels

b) Blood sugar levels

c) Cholesterol levels

2.What is insulin's role in the body?

a) To regulate blood pressure

b) To help glucose enter cells for energy

c) To digest food

3.Which type of diabetes usually requires insulin injections for treatment?

a) Type 1

b) Type 2

c) Type 3

4.What distinguishes type 2 diabetes from type 1 diabetes?

a) Onset age and treatment methods

b) Blood sugar levels

c) Genetic factors

5.What is recommended for managing type 2 diabetes?

a) Sedentary lifestyle

b) Unhealthy eating habits

c) Lifestyle changes like healthy eating and exercise.

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