Diet, insulin and blood glucose

1) Why is glucose important for the body?

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2) What are hormones?

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3) Name two hormones which are responsible for controlling the amount of glucose in the blood.

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 4) What happens when the amount of blood glucose rises?

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5) What happens when the amount of blood glucose falls?

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6) What is Diabetes Mellitus?

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7) List five symptoms of diabetes.

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8) What is the difference between Type 1 and Type 2 diabetes?

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9) Complete the table below

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| --- | --- |
| Risk factors for Type 1 diabetes | Risk factors for Type 2 diabetes |
|  |  |

10) Explain how the following can contribute to a healthy diet for people with Type 2 diabetes:

a) carbohydrate:

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b) dietary fibre:

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c) fat:

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d) alcohol:

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d) diabetic food products:

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11) It is important to keep a healthy weight to reduce the risk and symptoms of diabetes. The acronym BMI stands for \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_. The formula used to calculate BMI is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.