

Diabetes Class – Session One
Pre/Post-Test

Name/Nombre: _____ Date/Fecha: _____

1. Circle which type of diabetes a person is always treated with daily insulin injections, and is usually found in young people.

Circule que tipo de diabetes tiene una persona que es siempre tratada con inyecciones de insulina y usualmente ataca a personas jovenes.

Diabetes Type 1 / Tipo 1

Diabetes Type 2 / Tipo 2

2. Circle 3 words/pictures - symptoms of diabetes

Circule 3 frases o fotos – sintomas de diabetes



HUNGER
HAMBRE



FAST
HEARTBEAT
PULSO
ACELERADO



EXTREME THIRST
DEMASIADA SED



SHAKING
TEMBLOR



BLURRED VISION
VISION BORROSA

3. Circle 3 words/pictures – parts of the body that may be affected by uncontrolled diabetes.

Circule 3 frases o fotos – partes del cuerpo que pueden ser afectadas por diabetes descontrolada.



Heart
Corazón



Foot
Pies



Hand
Mano



Kidney
Riñón



Eyes
Ojo

4. Circle 2 words/pictures – of ways to control your blood sugar
Circule 2 frases o fotos – maneras de controlar el azucar en la sangre



Eat burgers and fries
Comer hamburguesas



Eat healthy!
Coma saludable!



Watch TV
Mirar la television

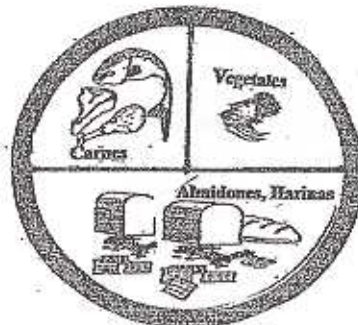


**Take your medicines
 as prescribed**
*Tome su medicamento tal
 Como se le indique!*



Stay Active
Permanezca activo

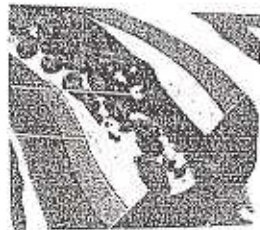
5. Circle the correct picture of the Plate Method
Circule la foto correcta del Metodo Del Plato



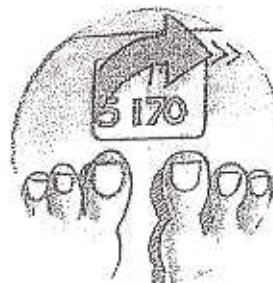
6. Circle 2 words/pictures - of reasons to exercise regularly
Circule 2 palabras/fotos – razones por las que debemos hacer ejercicios regularmente



Control blood sugar
*Controle su azucar
 En la sangre*



Control cholesterol
Controle su colesterol



Gain weight
Ganar peso



Control blood pressure
Controle su presion arterial