

Name: _____

Date: _____

**METHODIST CENTER FOR DIABETES &
NUTRITIONAL HEALTH TEACHING PROGRAM**
PRE TEST/POST TEST

Choose **ONE** answer.

1. Diabetes is a condition of the body that is a result of:
 - a. too much insulin in the body
 - b. not enough or ineffective insulin in the body
 - c. eating too much sugar and other sweet foods
 - d. eating high fat foods
 - e. I don't know

2. Which of the following foods should a person with diabetes **NEVER** eat/drink:
 - a. orange juice
 - b. cake with frosting
 - c. hamburgers
 - d. none of the above, all foods can be included on a diabetic diet
 - e. I don't know

3. An acceptable blood sugar range for a person with diabetes is:
 - a. 70-140
 - b. 150-200
 - c. 50-90
 - d. 60-190
 - e. I don't know

4. In overweight people with diabetes losing weight may:
 - a. help the body use insulin better
 - b. lower blood sugar
 - c. lower the risk of heart disease
 - d. do all of the above
 - e. I don't know

5. A common symptom of low blood sugar (hypoglycemia) is:
 - a. shakiness
 - b. pain
 - c. burning on urination
 - d. slow healing
 - e. I don't know

6. A "Free Food":
 - a. has no sugar
 - b. has less than 5gms of carbohydrates
 - c. has no salt
 - d. can be eaten in unlimited quantities
 - e. I don't know

7. Illness/Infection is likely to cause:
 - a. an increase in blood sugar
 - b. doesn't affect blood sugar
 - c. a decrease in blood sugar
 - d. no change in blood sugar
 - e. I don't know

8. The best way to take care of your feet is to:
 - a. massage them with alcohol each day
 - b. look at them and wash them each day
 - c. soak them for one hour each day
 - d. buy shoes a size larger than usual
 - e. I don't know

9. When eating in restaurants a person with diabetes:
 - a. should only order salad
 - b. should order the largest steak, as restaurants give small meat portions
 - c. should eat portions that match their meal plan amounts of carbohydrates, meat, and fat groups as close as possible
 - d. should never eat in an Italian restaurant
 - e. I don't know

10. A person with diabetes is ill. They should:
 - a. continue to take medications for diabetes unless directed differently by the doctor
 - b. continue to follow meal plan if possible, especially the carbohydrate group
 - c. drink plenty of fluids to avoid dehydration
 - d. all of the above
 - e. I don't know

11. The A1c test measures blood sugar over the past:
 - a. hour
 - b. day
 - c. week
 - d. 2-3 months
 - e. I don't know

12. When grocery shopping a person with diabetes should:
 - a. shop only for special diabetic foods
 - b. evaluate a food based on its carbohydrate and fat content/serving
 - c. buy only foods with no sugar
 - d. buy only fat - free foods
 - e. I don't know

13. One carbohydrate group/serving contains:
 - a. 5 grams of carbohydrates
 - b. 15 grams of carbohydrates
 - c. 30 grams of carbohydrates
 - d. 50 grams of carbohydrates
 - e. I don't know

14. What effect should exercise/activities have on blood sugars:
 - a. lower it
 - b. raise it
 - c. has no effect
 - e. I don't know

15. What is the **FIRST** thing you should do if you have a hypoglycemia reaction (low blood sugar):
 - a. call your doctor
 - b. take some insulin
 - c. eat or drink something that has sugar
 - d. go to the hospital emergency room
 - e. I don't know

16. The Four (4) food groups used in meal planning for diabetes are:
 - a. carbohydrate group, protein group, fat and free groups
 - b. junk group, convenience group, fast food group, salad group
 - c. sugar group, sodium group, fiber group, cholesterol group
 - d. dairy group, grain group, meat group, vegetable group
 - e. I don't know

17. Which should **NOT** be used to treat low blood sugar:
 - a. 3 hard candies
 - b. 1/2 cup orange juice
 - c. a chocolate candy bar
 - d. 1 cup skim milk
 - e. I don't know

18. Which of the following is one serving of fat?
 - a. 1 tsp regular margarine
 - b. 1/4 cup regular salad dressing
 - c. 1/2 cup, corn
 - d. 1 Tbsp., honey
 - e. I don't know

19. In which food group would you find cottage cheese/cheese:
 - a. carbohydrate group
 - b. fat group
 - c. protein group
 - d. free group
 - e. I don't know

20. Numbness and tingling may be symptoms of:
 - a. kidney disease
 - b. nerve disease
 - c. eye disease
 - d. heart disease
 - e. I don't know

**PLEASE ANSWER THE FOLLOWING QUESTIONS IF YOU ARE
TAKING A PILL FOR YOUR DIABETES**

1. Diabetes pills work in which of the following **ways**:
 - a. lower blood sugar
 - b. increase the release of insulin
 - c. fight insulin resistance
 - d. do all of the above
 - e. I don't know

2. Oral pills should:
 - a. be taken at bedtime
 - b. be taken as directed by your nurse educator, M.D., or according to the type of medication you are on
 - c. have the dosage changed each day according to your blood sugar
 - d. taken only when your blood sugar is high
 - e. I don't know

**PLEASE ANSWER THE FOLLOWING QUESTIONS IF YOU ARE ON
INSULIN**

1. Rotation of injection sites is important because:
 - a. it assures proper insulin absorption and prevents tissue damage
 - b. not necessary because insulin works no matter where it is given
 - c. it allows you to use muscle tissue
 - d. the same site can be used for six months
 - e. I don't know

2. Insulin peak time is important to know because it tells when:
 - a. to plan a snack to prevent low blood sugar reaction
 - b. to give another insulin shot
 - c. exercise is needed
 - d. insulin is beginning to work
 - e. I don't know