

S.A.N.D.R.I.A

Healthy Living Made Simple

Type 2 Diabetes Awareness Quiz

Learn more about healthy habits, blood sugar awareness, nutrition, movement, and lifestyle choices.

Quiz Questions

Q1. What does insulin help control?

- A. Blood sugar levels
- B. Hair growth
- C. Eye color
- D. Shoe size

Q2. Which drink is usually the healthiest option?

- A. Water
- B. Fizzy soda
- C. Energy drink
- D. Sugary milkshake

Q3. Which food is high in fiber?

- A. Oats
- B. Sweets
- C. Crisps
- D. Candy

Q4. Regular exercise may help improve:

- A. Blood sugar balance
- B. Tiredness all day
- C. Stress eating
- D. Dehydration

Q5. Which snack is a healthier choice?

- A. Nuts and fruit
- B. Chocolate bars
- C. Sugary sweets
- D. Fizzy drinks

Q6. What is a benefit of balanced meals?

- A. Steady energy
- B. More sugar cravings
- C. Less hydration
- D. Poor sleep

Q7. Which food contains healthy fats?

- A. Avocado
- B. Candy
- C. Soda

D. Ice cream

Q8. Why is sleep important for health?

- A. It supports wellness and recovery
- B. It replaces exercise
- C. It removes hunger forever
- D. It increases stress

Q9. Which habit may support stable blood sugar?

- A. Eating regular balanced meals
- B. Skipping breakfast daily
- C. Drinking sugary drinks often
- D. Avoiding vegetables

Q10. Which vegetable is a nutritious choice?

- A. Spinach
- B. Candy
- C. Crisps
- D. Cookies

Q11. Mindful eating means:

- A. Paying attention to food choices and portions
- B. Eating as fast as possible
- C. Skipping meals
- D. Eating only sweets

Q12. Why is hydration important?

- A. It helps the body function properly
- B. It replaces healthy food
- C. It removes the need for sleep
- D. It causes tiredness

Answer Key

1. A

2. A

3. A

4. A

5. A

6. A

7. A

8. A

9. A

10. A

11. A

12. A