

# Minnesota Department of Health EL Health Curriculum Answer Key – Lesson 9

## Lesson 9: Diabetes

### Jigsaw Questions

Student 1

1. Tortillas, rice, bread, pasta
2. It moves glucose into cells.
3. When the pancreas stops making insulin.
4. Maintaining healthy weight, exercising & eating a healthy diet

Student 2

5. It can be life-threatening.
6. Heart disease, nerve and blood vessel damage, vision problems, arthritis
7. Smoking, overweight, inactivity, high blood pressure
8. High risk, 45+

Student 3

9. Exercise, healthy diet, weight control, stop smoking, regular check ups
10. Check glucose, exercise, diet, relax/de-stress
11. Eating healthy foods can help to prevent unhealthy weight gain, which increases your risk of developing diabetes.
12. Exercise helps insulin work better and improves mood and helps your sleep.

### Vocabulary Match and Complete the Sentence

1. e
2. c
3. b
4. h
5. g
6. d
7. f
8. a

### Vocabulary Card Match

Match questions to picture cards.

### Complete the Sentence and Critical Thinking

Overweight, age, pressure, exercise, smoking, gestational

Maintain a healthy diet, exercise, stop smoking, maintain a healthy weight

### True or False and Writing

1. T
2. T
3. F
4. T
5. T
6. F
7. F
8. T

Writing: answers will vary

### Quiz

1. d
2. d
3. b
4. d
5. c
6. a
7. c
8. Talk to doctor, websites: MDH, CDC

### CCRS STANDARDS ALIGNMENT:

CCR Anchor 1 (Language): Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.

- Use modal auxiliaries (e.g., *should*) to convey various conditions