



On the T.R.A.I.L. to Diabetes Prevention Program

Pre-Test/Post-Test
(Circle one)

Name: _____

Date: _____

Age: _____

1. What is an example of being physically healthy?
 - a. Laughing at a funny joke
 - b. Playing basketball with friends
 - c. Feeling proud of a homework project
 - d. Sharing feelings of being happy or sad

2. What is an example of being emotionally healthy?
 - a. Riding a bike
 - b. Going for a walk
 - c. Sharing feelings of being happy or sad
 - d. Swimming in the pool

3. Type 2 diabetes is a disease:
 - a. People get **only** when they get older.
 - b. That happens when the body has too much sugar and it can't be processed correctly.
 - c. That can be passed from one person to another person.
 - d. That you usually cannot prevent.

4. What is the most important drink we can put in our bodies?
 - a. Milk
 - b. Gatorade
 - c. Water
 - d. Fruit juice

5. What are some ways a person can prevent type 2 diabetes? (*Hint: There is only one correct answer*).
 - a. Eating healthy food
 - b. Being active and exercising
 - c. Staying a healthy weight
 - d. All of the above

6. A person should eat at least _____ fruits and vegetables each day.
 - a. 3
 - b. 5
 - c. 1
 - d. 0

7. What is the minimum number of minutes of physical activity you should get every day?
 - a. 15 minutes
 - b. 30 minutes
 - c. 45 minutes
 - d. 60 minutes

8. How many food groups are there?
 - a. 3
 - b. 5
 - c. 8
 - d. 2

9. Processed foods are found packed in boxes, cans, or bags and are not found in nature.
 - a. True
 - b. False

10. French fries come from an animal.
 - a. True
 - b. False

11. An advertisement, or ad, is something that tells people about a product and tries to get them to buy it.
 - a. True
 - b. False

12. Which of the following are names of food groups?
 - a. Dairy
 - b. Protein
 - c. Vegetables
 - d. Fruits
 - e. Oils/Fats
 - f. Grains

13. Which of the following are healthy ways to handle stress?
 - a. Go for a walk outside
 - b. Talk to a trusted friend or adult
 - c. Yell at your parents or friends
 - d. Write in a journal

Questions 15 and 16 do **not** have a right or wrong answer. Choose the answer that best describes how you feel or what you are able to do.

14. After each sentence, choose the answer that best describes how you feel or what you can do.

- a. I can play hard during most of recess.
I know I can I think I can I'm not sure I can I know I can't
- b. I can play hard during most of physical education class.
I know I can I think I can I'm not sure I can I know I can't
- c. I can play hard every day when I have the chance during my free time.
I know I can I think I can I'm not sure I can I know I can't
- d. At the store, I can ask for fresh fruit instead of ice cream.
I know I can I think I can I'm not sure I can I know I can't
- e. At the store, I can ask for nuts or sunflower kernels instead of potato chips.
I know I can I think I can I'm not sure I can I know I can't
- f. I can choose to drink water instead of soda pop.
I know I can I think I can I'm not sure I can I know I can't
- g. I can ask for cheese pizza instead of pepperoni pizza.
I know I can I think I can I'm not sure I can I know I can't

15. After each sentence, choose the answer that best describes how you feel or what you can do.

- a. I like to be physically active every day.
Most of the time Sometimes Once in a while Almost never
- b. I like to eat a piece of fruit every day.
Most of the time Sometimes Once in a while Almost never
- c. I like to eat a vegetable every day.
Most of the time Sometimes Once in a while Almost never
- d. The adults in my house eat fruits and vegetables.
Most of the time Sometimes Once in a while Almost never