



Student Sheet 6: Chalk Talk Reflections

Name: _____ Date: _____ Period: _____

Chalk Talk

1. **What causes type 2 diabetes?** Make sure to address at least one physiological factor and one environmental factor.
2. **How do diet and exercise help to prevent or control type 2 diabetes?**
3. **Choose one other Chalk Talk poster to respond to here:**
4. **How would you plan a healthy meal for a person with type 2 diabetes?**