



## Quiz Answer Key

1. True or false: You can catch diabetes like a cold. T (F)
2. The sugar that is the body's main source of energy is called:
  - a. glucose
  - b. insulin
  - c. cell
3. Insulin helps glucose get into your cells. It's like a key that opens the doors to the cells of the body.
4. List two ways you can help prevent getting type 2 diabetes.  
*eating good-for-you foods, limiting fast foods and sugary drinks, exercising, etc.*
5. True or false: Kids with diabetes can run, jump, and play like any other kid. (T) F