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