



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

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. \_\_\_\_\_ helps glucose get into your cells. It's like a key that opens the doors to the cells of the body.
4. List three ways you can help prevent getting type 2 diabetes.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. True or False: Kids with diabetes can run, jump, and play like any other kid. T F