



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 three ways you can help prevent getting type 2 diabetes.
eating good-for-you foods, limiting fast foods and sugary drinks, exercising
5. True or False: Kids with diabetes can run, jump, and play like any other kid. T F