

**Quiz Answer Key**

1. A type of sugar that's the body's main source of fuel is:
 - a) fructose
 - b) sucrose
 - c) glucose
 - d) cellulose
2. Your pancreas makes a hormone called insulin that helps the glucose get into the body's cells.
3. In type 2 diabetes, the pancreas still makes insulin. But the insulin doesn't do its job as well in the body.
4. In type 1 diabetes, the pancreas can't make insulin. The body can still get glucose from food. But the glucose can't get into the cells, where it's needed.
5. True or false: Kids and teens with diabetes shouldn't exercise or be active.