



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
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Standards

This guide correlates with the following National Health Education Standards:

Students will:

- comprehend concepts related to health promotion and disease prevention to enhance health.
- demonstrate the ability to access valid information and products and services to enhance health.
- demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- demonstrate the ability to use decision-making skills to enhance health.
- demonstrate the ability to advocate for personal, family, and community health.

Your state's school health policies:
www.nasbe.org/healthy_schools/hs/map.php

Kids all over the world deal with diabetes each day – checking their blood sugar levels, following a healthy eating plan, and even giving themselves insulin. The following discussion questions and activities will help your students understand what diabetes is, how to treat it, and why it's important to control it.

Related KidsHealth Links

Articles for Kids:

Diabetes: Dealing With Feelings

KidsHealth.org/kid/managing_diabetes/living/feelings_diabetes.html

Type 1 Diabetes: What Is It?

KidsHealth.org/kid/health_problems/gland/type1.html

Type 2 Diabetes: What Is It?

KidsHealth.org/kid/health_problems/gland/type2.html

Diabetes: What's True and False

KidsHealth.org/kid/diabetes_basics/what/diabetes_true_false.html

Can Diabetes Be Prevented?

KidsHealth.org/kid/diabetes_basics/what/prevention.html

Nick Jonas & Diabetes: Call Me Mr. Positive

KidsHealth.org/kid/health_problems/gland/nick_madi.html

Chandler's Diabetes Story

KidsHealth.org/kid/diabetes_basics/stories/chandler_diabetes_story.html

Managing Diabetes

KidsHealth.org/kid/managing_diabetes

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. What do you know about diabetes? How do people get it? What causes it?
2. Do you know people with diabetes? How do they control diabetes? In what ways do they have to change the way they eat and exercise?
3. Diabetes can be dangerous if it's not treated. What happens if diabetes isn't controlled? What problems can this cause?
4. Can diabetes be prevented? Explain your answer. What about a cure? Is there one right now? Why or why not?



Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

A Different View

Objectives:

Students will:

- learn what diabetes is
- distinguish the types of diabetes
- identify the signs and symptoms of diabetes
- discover how diet affects diabetes

Materials:

- computer with Internet access
- A Different View handout (available at: KidsHealth.org/classroom/3to5/problems/conditions/diabetes_handout1.pdf)

Class Time:

1 hour

Activity:

Kids all over the world have diabetes and have learned to handle it with the help of their parents, friends, and doctors. Thanks to technology and lots of research, diabetes can be easy to manage. However, it can still be difficult for the person with the disease. Read the articles at KidsHealth to learn everything you can about diabetes. Next use the handout, A Different View, to write a week's worth of diary entries from the perspective of a kid who has just learned he or she has diabetes. In the first two entries, discuss how he or she found out about having diabetes, the symptoms, and the type of diabetes. In the rest of the entries, record how he or she will handle having diabetes, including steps to control it, medication needed, and diet changes. Who will help with all this? In all your entries, be sure to include his or her thoughts and feelings about this process.

Extensions:

1. Now that your character understands diabetes and how to handle it, it's time to go back to school. Who will his or her parents need to talk to about this? How will the parents provide support? What snacks would be good to bring to school?
2. While your character may not want to tell everyone about the diagnosis, it's helpful to have a friend to talk to about it. Role-play a conversation in which he or she tells a good friend about having diabetes. What will he or she say to inform the friend and correct some of the common myths about the disease?
3. Unfortunately, not everyone is as considerate as a good friend and may not understand your character's new diagnosis. Make a list of ways to handle kids who say mean or inconsiderate things about having diabetes.



Healthy Dining Choices

Objectives:

Students will:

- explore the role diet plays in managing diabetes

Materials:

- computer with Internet access
- sample restaurant menus
- Healthy Choices handout (available at: KidsHealth.org/classroom/3to5/problems/conditions/diabetes_handout.pdf)

Class Time:

90 minutes

Activity:

While kids with diabetes can control what they eat at home, it can be more difficult when eating out with family and friends. A local restaurant wants to develop a new menu that offers more nutritious options for people with diabetes and has asked your company, Healthy Choices, to examine its current menu to determine how it can be improved. Once you've read the articles at KidsHealth, use the handout to study a local restaurant menu and create a plan for how it can offer safe and healthy choices for people with diabetes. Once you've completed the handout, write a letter to the restaurant with your plan.

Extensions:

1. At this point, there's no cure for diabetes, though researchers are working to develop one. Create a classified advertisement that calls for a cure for diabetes. While writing your ad, think about what the treatment will do, how it will be given, and how it will work to rid the body of this disease.

Reproducible Materials

Handout: A Different View

KidsHealth.org/classroom/3to5/problems/conditions/diabetes_handout1.pdf

Handout: Healthy Choices

KidsHealth.org/classroom/3to5/problems/conditions/diabetes_handout2.pdf

Quiz: Diabetes

KidsHealth.org/classroom/3to5/problems/conditions/diabetes_quiz.pdf

Answer Key: Diabetes

KidsHealth.org/classroom/3to5/problems/conditions/diabetes_quiz_answers.pdf



Name: _____

Date: _____

A Different View

Instructions: Your character has just learned he or she has diabetes. In the spaces below, write your character's diary entries for 5 days to describe his or her thoughts and feelings about the diagnosis. In the first two entries, discuss how your character found out about having diabetes, the symptoms, and the type of diabetes. Record how your character will handle having diabetes. What steps will he or she take to control it? What medication is needed? How will his or her diet change? Who will help?

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:



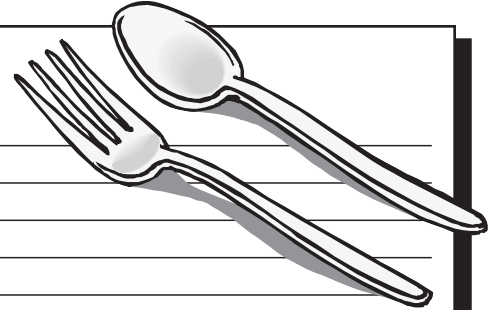
Name: _____

Date: _____

Healthy Choices

Instructions: Your company, Healthy Choices, has been hired to examine a local restaurant's menu to determine how it offers nutritious options for diabetics. Select a local restaurant's menu and examine its dishes and how healthful they are for people with diabetes. Next, write a letter that proposes how the restaurant can better serve people with diabetes.

1. List menu items that are good choices for someone with diabetes:



2. List the menu items that aren't good choices for someone with diabetes:

3. List items that could be added to improve the menu for someone with diabetes:



Dear owner/manager of _____,



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

- Diabetes is a disease that changes the way the body uses _____.
 - fat
 - protein
 - glucose
 - food labels
- Exercise helps people manage diabetes because _____.
 - it helps them maintain a healthy weight
 - it helps their bodies use insulin
 - it helps reduce their risk of heart disease
 - all of the above
- True or false: Being sick doesn't affect someone with diabetes.
- In type 1 diabetes, the pancreas _____.
 - still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells
 - doesn't make insulin anymore
 - makes more glucose than the body can handle
 - none of the above
- In type 2 diabetes, the pancreas _____.
 - still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells
 - doesn't make insulin anymore
 - makes more glucose than the body can handle
 - none of the above
- Name two ways that type 1 diabetes is treated.

- Name two ways that type 2 diabetes is treated.

- List three signs of having either type 1 or type 2 diabetes.

- True or false: Eating a lot of sugar causes diabetes.
- True or false: Diabetes can't be prevented.



Quiz Answer Key

- Diabetes is a disease that changes the way the body uses glucose.
 - fat
 - protein
 - glucose
 - food labels
- Exercise helps people manage diabetes because all of the above.
 - it helps them maintain a healthy weight
 - it helps their bodies use insulin
 - it helps reduce their risk of heart disease
 - all of the above
- True or false: Being sick doesn't affect someone with diabetes. (When people with diabetes are sick, it can affect their blood sugar.)
- In type 1 diabetes, the pancreas doesn't make insulin anymore.
 - still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells
 - doesn't make insulin anymore
 - makes more glucose than the body can handle
 - none of the above
- In type 2 diabetes, the pancreas still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells.
 - still makes insulin, but insulin doesn't do its job as well getting glucose into the body's cells
 - doesn't make insulin anymore
 - makes more glucose than the body can handle
 - none of the above
- Name two ways that type 1 diabetes is treated.
Any two of these: Take insulin to use the body's glucose, eat a healthy diet, check blood sugar levels, exercise regularly.
- Name two ways that type 2 diabetes is treated.
Any two of these: Check blood sugar levels, take medicine if necessary, eat a healthy diet, exercise to reach a healthy weight.
- List three signs of having either type 1 or type 2 diabetes.
Any three of these: Losing weight, peeing a lot, drinking a lot, eating a lot, feeling very tired.
- True or false: Eating a lot of sugar causes diabetes. (Either the body stops making insulin or isn't able to use it properly.)
- True or false: Diabetes can't be prevented. (While type 1 diabetes can't be prevented, type 2 diabetes can sometimes be prevented by maintaining a healthy weight, eating a healthy diet, and being active every day.)