



KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

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.
- Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- 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 practice health-enhancing behaviors and avoid or reduce health risks.
- Demonstrate the ability to advocate for personal, family, and community health.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

Diabetes can seem complicated, from how it affects the body, to its terminology and treatment. These activities can help students understand what diabetes is and how kids and teens with diabetes take care of themselves.

Related KidsHealth Links

Articles for Kids:

Diabetes minisite

KidsHealth.org/en/kids/center/diabetes-center.html

Type 1 Diabetes: What Is It?

KidsHealth.org/en/kids/type1.html

Type 1 Diabetes: How Is It Treated?

KidsHealth.org/en/kids/treating-type1.html

Type 2 Diabetes: What Is It?

KidsHealth.org/en/kids/type2.html

Type 2 Diabetes: How Is It Treated?

KidsHealth.org/en/kids/treating-type2.html

School and Diabetes

KidsHealth.org/en/kids/school-diabetes.html

Articles for Teens:

Diabetes minisite

TeensHealth.org/en/teens/center/diabetes-center.html

Type 1 Diabetes: What Is It?

TeensHealth.org/en/teens/type1.html

Type 1 Diabetes: How Is It Treated?

TeensHealth.org/en/teens/treating-type1.html

Type 2 Diabetes: What Is It?

TeensHealth.org/en/teens/type2.html

Type 2 Diabetes: How Is It Treated?

TeensHealth.org/en/teens/treating-type2.html

School and Diabetes

TeensHealth.org/en/teens/school-diabetes.html

Resources for Teachers:

Diabetes Special Needs Factsheet

KidsHealth.org/en/parents/diabetes-factsheet.html

Diabetes and Sports Special Needs Factsheet

KidsHealth.org/en/parents/diabetes-sports-factsheet.html

Discussion Questions

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

1. Do you know someone who has diabetes? Do you think having diabetes might make daily life at school more difficult? What could you do to support a friend with diabetes?
2. How do students with diabetes keep themselves healthy? Why is it important for students to take control of their diabetes? Who can help students manage diabetes?



Activities for Students

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

Camp Diabetes

Objective:

Students will:

- Learn about the nutritional and fitness needs of people with diabetes

Materials:

- Computer with Internet access
- "Camp Diabetes" handout or plain paper

Class Time:

90 minutes

Activity:

Pack your bags because you've just been hired by a diabetes foundation to design a weeklong summer camp for 5- to 8-year-olds with diabetes. The foundation wants your initial thoughts about two key aspects of the camp - the meal plan and the activity plan. Read the KidsHealth.org articles about diabetes to gather information about the nutrition and fitness needs of kids with diabetes. Now you're ready to map out your ideas for the camp. Using the "Camp Diabetes" handout, describe the following elements:

- The types of food that will be served, and why you chose these foods
- A sample meal
- The types of activities planned, and why being active is important for campers
- A sample activity

Extension:

Counselors at your camp will need training for working with kids with diabetes. Create a one-page training flyer for your counselors that provides basic information about one of these topics:

- The warning signs of high or low blood sugar
- How to track blood sugar levels
- The whys and hows of taking insulin



Pancreas on Strike

Objectives:

Students will:

- Understand the role of the pancreas
- Explore the effect on the body of the pancreas not producing insulin

Materials:

- Computer with Internet access
- "Pancreas on Strike" handout or plain paper

Class Time:

60 minutes

Activity:

You just enjoyed a delicious dinner and topped it off with an ice cream delight. But what's this? Your pancreas has decided to go on strike! Your pancreas, which stopped working because it feels unappreciated, has submitted a formal complaint to the Human Body Labor Board. To plead your case, you need to draft a letter to the labor board, including a storyboard that provides a visual depiction of the importance of getting your pancreas back to work. Before you start writing, do some research on KidsHealth.org to find out more about the role of the pancreas in your body. Then write your letter to the Human Body Labor Board, including the following information:

- A description of what's happening to your body in terms of insulin, glucose, and energy level now that the pancreas is no longer doing its job
- A statement of appreciation for the job that the pancreas performs for you

To get your point across to the Human Body Labor Board about your newfound appreciation of the pancreas, use the "Pancreas on Strike" handouts to write your letter and illustrate the important work the pancreas does.

Reproducible Materials

Handout: Camp Diabetes

KidsHealth.org/classroom/6to8/problems/conditions/diabetes_handout1.pdf

Handout: Pancreas on Strike

KidsHealth.org/classroom/6to8/problems/conditions/diabetes_handout2.pdf

Quiz: Diabetes

KidsHealth.org/classroom/6to8/problems/conditions/diabetes_quiz.pdf

Quiz Answer Key: Diabetes

KidsHealth.org/classroom/6to8/problems/conditions/diabetes_quiz_answers.pdf



Name: _____

Date: _____

Camp Diabetes

Instructions: You've just been hired by a diabetes foundation to design a weeklong summer camp for 5- to 8-year-olds with diabetes. The foundation wants your initial thoughts about two key aspects of the camp - the meal plan and the activity plan. Read the KidsHealth.org articles about diabetes to gather information about the nutrition and fitness needs of kids with diabetes. Now you're ready to map out your ideas for the camp. Using the "Camp Diabetes" handout, describe the following elements:

Types of food that will be served, and why you chose these foods:



Sample meal:



Types of activities planned, and why being active is important for campers:



Sample activity:



Pancreas on Strike

Instructions: To get your point across to the Human Body Labor Board about your newfound appreciation of the pancreas, use this handout to write **(1)** a description of what happens to your body in terms of insulin, glucose, and energy level now that the pancreas is no longer doing its job and **(2)** a statement of appreciation for the job that the pancreas performs for you.

To whom it may concern at the Human Body Labor Board,

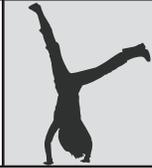
1

2

Sincerely,

Name:

Date:

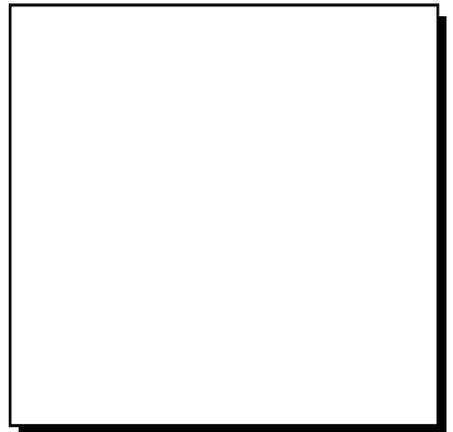
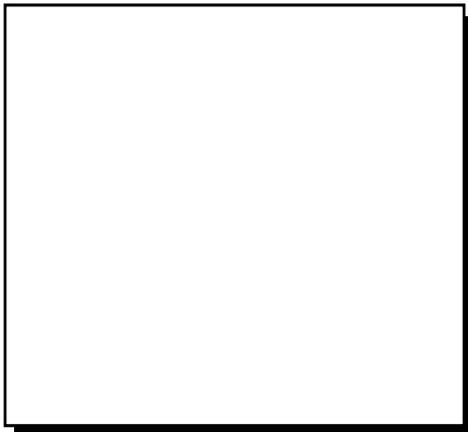
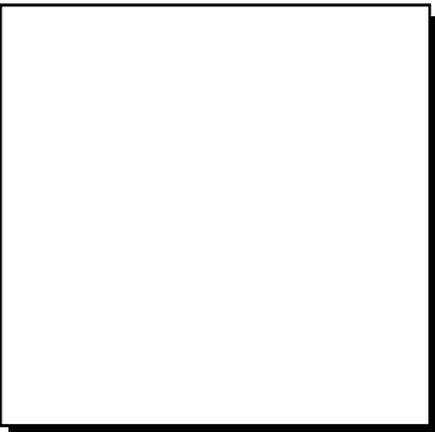
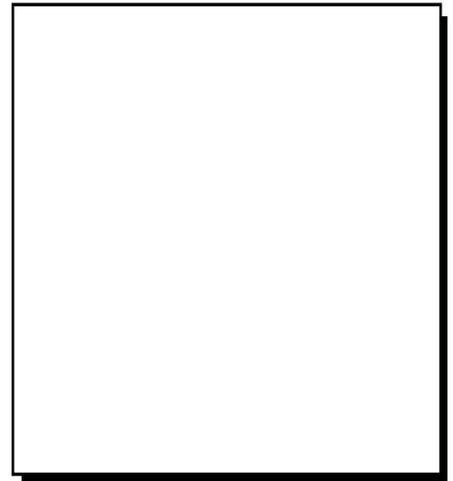
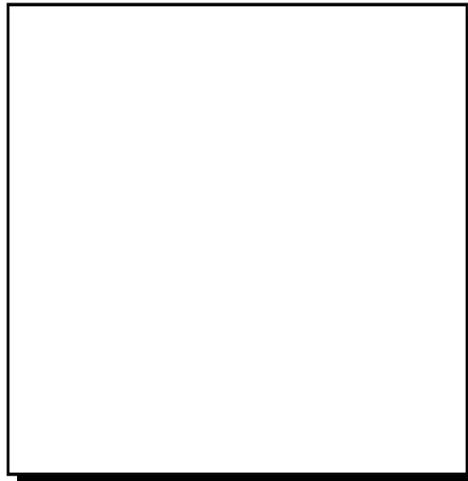
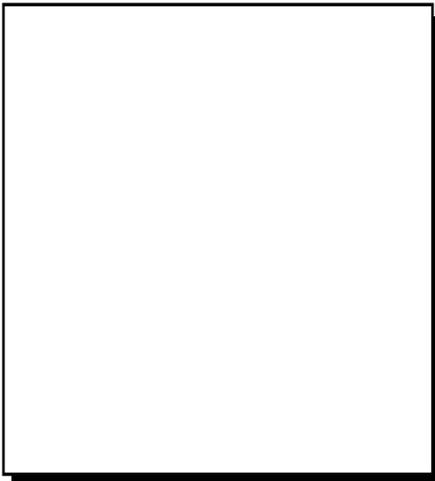
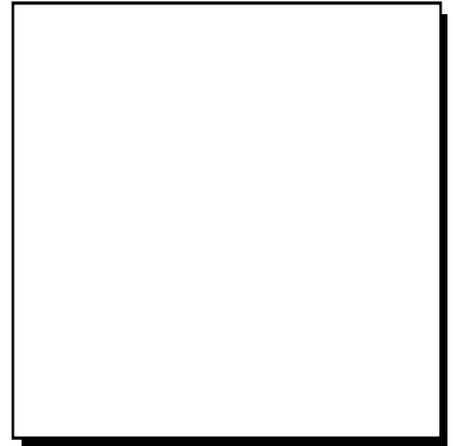
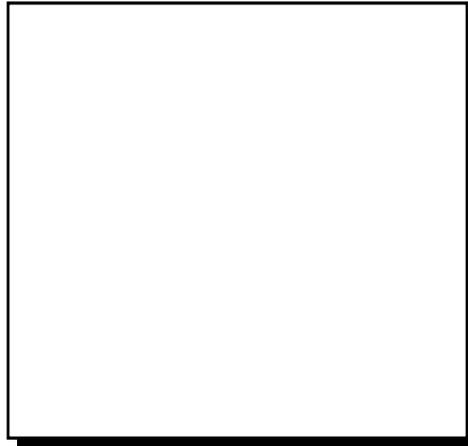
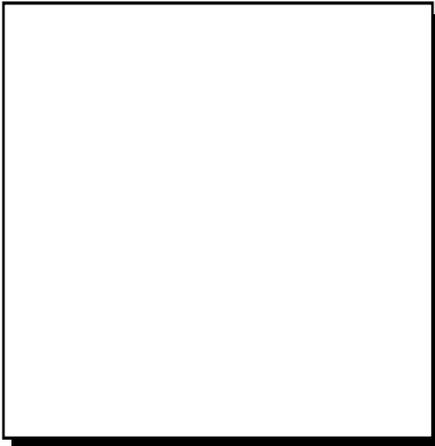


Name: _____

Date: _____

Pancreas on Strike

Instructions: To get your point across to the Human Body Labor Board about your newfound appreciation of the pancreas, use this handout to illustrate the important work the pancreas does.





Name: _____

Date: _____

Quiz

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 _____ that helps the glucose get into the body's cells.
3. In type _____ diabetes, the pancreas still makes insulin. But the insulin doesn't do its job as well in the body.
4. In type _____ 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.



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.