



Name: _____

Date: _____

Camp Diabetes

Instructions: Can you smell that campfire burning? Hear the crickets chirping? Well, pack up your tent because you've just been hired by a leading diabetes foundation to design a weeklong summer camp for kids with diabetes from ages 5 to 8. Before you dive into a full proposal, the foundation wants your initial thoughts about two key aspects of the camp - the meal plan and the activity plan. Check out articles at KidsHealth 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 a rationale for why these foods have been selected:

A sample meal:

The types of activities planned, and a rationale for why exercise is important for campers:

A sample activity: