



[KidsHealth.org/classroom](http://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.

Your state's school health policies:  
[nasbe.org/HealthySchools/States/State\\_Policy.asp](http://nasbe.org/HealthySchools/States/State_Policy.asp)

What in the world is glucose? What does the pancreas do, and where is it located exactly? And what's the big deal about insulin, anyway? Diabetes raises lots of questions and can seem complicated, from its terminology to its tools for maintenance. The following discussion questions and activities can help students understand what diabetes is and how kids with diabetes take care of themselves.

## Related KidsHealth Links

### Articles for Kids:

#### Diabetes Center

[KidsHealth.org/kid/health\\_problems/gland/diabetes\\_center.html](http://KidsHealth.org/kid/health_problems/gland/diabetes_center.html)

#### Type 1 Diabetes: What Is It?

[KidsHealth.org/kid/health\\_problems/gland/type1.html](http://KidsHealth.org/kid/health_problems/gland/type1.html)

#### Type 2 Diabetes: What Is It?

[KidsHealth.org/kid/health\\_problems/gland/type2.html](http://KidsHealth.org/kid/health_problems/gland/type2.html)

### Articles for Teens:

#### Diabetes Center

[KidsHealth.org/teen/diseases\\_conditions/growth/diabetes\\_center.html](http://KidsHealth.org/teen/diseases_conditions/growth/diabetes_center.html)

#### Type 1 Diabetes: What Is It?

[KidsHealth.org/teen/diabetes\\_basics/what/type1.html](http://KidsHealth.org/teen/diabetes_basics/what/type1.html)

#### Type 2 Diabetes: What Is It?

[KidsHealth.org/teen/diabetes\\_basics/what/type2.html](http://KidsHealth.org/teen/diabetes_basics/what/type2.html)

## Discussion Questions

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

1. What do you know about diabetes? What does it mean when someone has diabetes?
2. Do you know someone who has diabetes? Share a little about his or her experience. Do you think having diabetes might make daily life at school more difficult? Why or why not? What could you do to support a friend with diabetes?
3. How do kids with diabetes keep themselves healthy? Why is it important for kids to take control of their diabetes? Who can help kids manage their 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 (available at: [KidsHealth.org/classroom/6to8/problems/conditions/diabetes\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/diabetes_handout1.pdf)) or plain paper

#### Class Time:

90 minutes

#### Activity:

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 5- to 8-year-olds with diabetes. 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 on 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

#### Extensions:

1. The diabetes foundation has approved your plan but wants to know if you are going to have any differences in the camp experience for kids with type 1 versus type 2 diabetes. Role-play the conversation you would have with the president of the foundation, using information from KidsHealth to support your position.
2. The counselors working 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 the following 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 (available at: [KidsHealth.org/classroom/6to8/problems/conditions/diabetes\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/diabetes_handout2.pdf)) 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 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 handout to illustrate the important work the pancreas does.

## Reproducible Materials

### Handout: Camp Diabetes

[KidsHealth.org/classroom/6to8/problems/conditions/diabetes\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/diabetes_handout1.pdf)

### Handout: Pancreas on Strike

[KidsHealth.org/classroom/6to8/problems/conditions/diabetes\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/problems/conditions/diabetes_handout2.pdf)



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:



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 the Pancreas on Strike handout to illustrate the important work the pancreas does.

