



[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.
- 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.

National Health Education Standards: [www.cdc.gov/healthyschools/sher/standards/index.htm](http://www.cdc.gov/healthyschools/sher/standards/index.htm)

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. These 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 Center

[KidsHealth.org/en/kids/center/diabetes-center.html](http://KidsHealth.org/en/kids/center/diabetes-center.html)

#### Diabetes movies

[KidsHealth.org/en/kids/diabetes-movie.html](http://KidsHealth.org/en/kids/diabetes-movie.html)

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

[KidsHealth.org/en/kids/type1.html](http://KidsHealth.org/en/kids/type1.html)

#### Type 1 Diabetes: How Is It Treated?

[KidsHealth.org/en/kids/treating-type1.html](http://KidsHealth.org/en/kids/treating-type1.html)

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

[KidsHealth.org/en/kids/type2.html](http://KidsHealth.org/en/kids/type2.html)

#### Type 2 Diabetes: How Is It Treated?

[KidsHealth.org/en/kids/treating-type2.html](http://KidsHealth.org/en/kids/treating-type2.html)

#### Can Diabetes Be Prevented?

[KidsHealth.org/en/kids/prevention.html](http://KidsHealth.org/en/kids/prevention.html)

#### Diabetes: What's True and False?

[KidsHealth.org/en/kids/diabetes-true-false.html](http://KidsHealth.org/en/kids/diabetes-true-false.html)

#### Diabetes: Grace's Story (Video)

[KidsHealth.org/en/kids/grace-vd.html](http://KidsHealth.org/en/kids/grace-vd.html)

### Resources for Teachers:

#### Diabetes Special Needs Factsheet

[KidsHealth.org/en/parents/diabetes-factsheet.html](http://KidsHealth.org/en/parents/diabetes-factsheet.html)

#### Diabetes and Sports Special Needs Factsheet

[KidsHealth.org/en/parents/diabetes-sports-factsheet.html](http://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. 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?



## Activities for Students

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

### Just the Facts

#### Objectives:

Students will:

- learn basic information about diabetes
- distinguish between diabetes myths and facts

#### Materials:

- computer with Internet access
- "Just the Facts" handout

#### Class Time:

1 hour

#### Activity:

After reading the KidsHealth.org articles about diabetes - including the article, Diabetes: What's True and False? - write five facts about the disease that you think are important or interesting.

#### Extension:

Have your class decide on the three most important facts about diabetes, then make a public service announcement (PSA) audio recording or podcast to be read over the morning announcements.



## Preventing Type 2 Diabetes

### Objectives:

Students will:

- explore ways to help prevent type 2 diabetes
- create messaging to educate their peers about the prevention methods

### Materials:

- computer with Internet access
- video recording equipment (such as a smart phone)
- "Preventing Type 2 Diabetes" handout

### Class Time:

Two 45-minute sessions

### Activity:

In groups of 3 or 4, you will create 30-second PSA to show other kids in our school about simple ways to help prevent type 2 diabetes. First, read the KidsHealth.org articles about type 2 diabetes and the article titled, Can Diabetes Be Prevented? Using the "Preventing Type 2 Diabetes" handout, map out some of the scenes and information for your public service ad. Then we'll rehearse and record our PSAs.

### Extensions:

Choose one or two PSAs to be shown at a school assembly.

## Reproducible Materials

### Handout: Just the Facts

[KidsHealth.org/classroom/3to5/problems/conditions/diabetes\\_handout1.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/diabetes_handout1.pdf)

### Handout: Preventing Type 2 Diabetes

[KidsHealth.org/classroom/3to5/problems/conditions/diabetes\\_handout2.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/diabetes_handout2.pdf)

### Quiz: Diabetes

[KidsHealth.org/classroom/3to5/problems/conditions/diabetes\\_quiz.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/diabetes_quiz.pdf)

### Answer Key: Diabetes

[KidsHealth.org/classroom/3to5/problems/conditions/diabetes\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/3to5/problems/conditions/diabetes_quiz_answers.pdf)



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Just the Facts

Instructions: After reading the KidsHealth.org articles about diabetes - including the article, Diabetes: What's True and False? - write five facts about the disease that you think are important or interesting.

**Diabetes Fact 1:**

**Diabetes Fact 2:**

**Diabetes Fact 3:**

**Diabetes Fact 4:**

**Diabetes Fact 5:**



Names: \_\_\_\_\_

Date: \_\_\_\_\_

## Preventing Type 2 Diabetes

Instructions: Create a 30-second PSA to show other kids in our school about simple ways to help prevent type 2 diabetes. First, read the KidsHealth.org articles about type 2 diabetes and the article titled, Can Diabetes Be Prevented? Using the storyboard format in this handout, map out some of the scenes and information for your public service ad. Then we'll rehearse and record our PSAs.

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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.)