

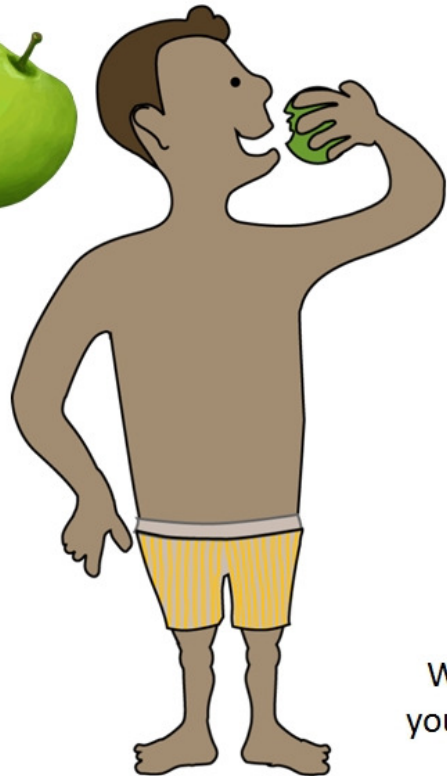
◆ Sugar in food



Food contains sugar



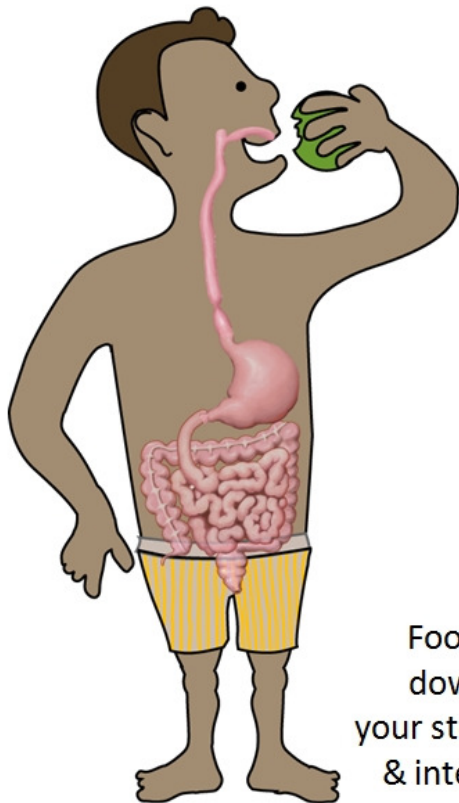
◆ Sugar in food



When you eat



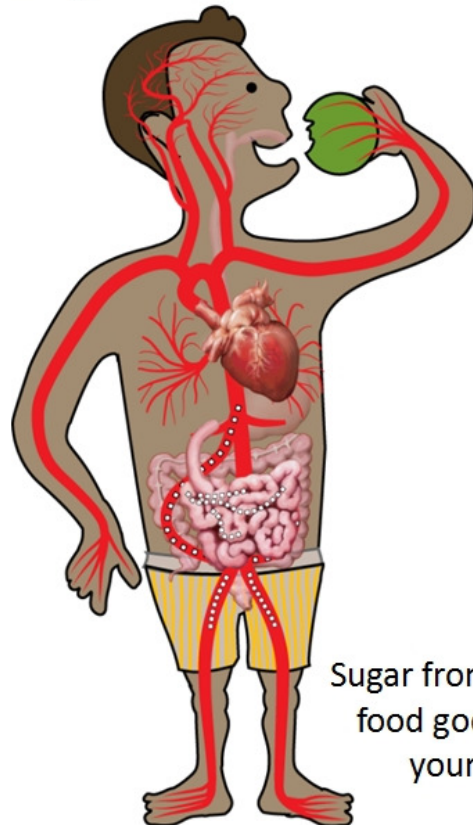
◆ Sugar in food



Food goes down into your stomach & intestines



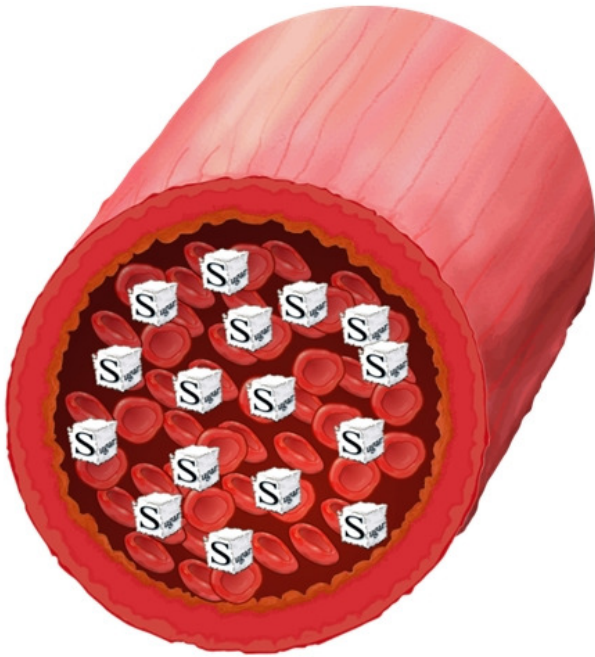
◆ Sugar in food



Sugar from your food goes into your blood



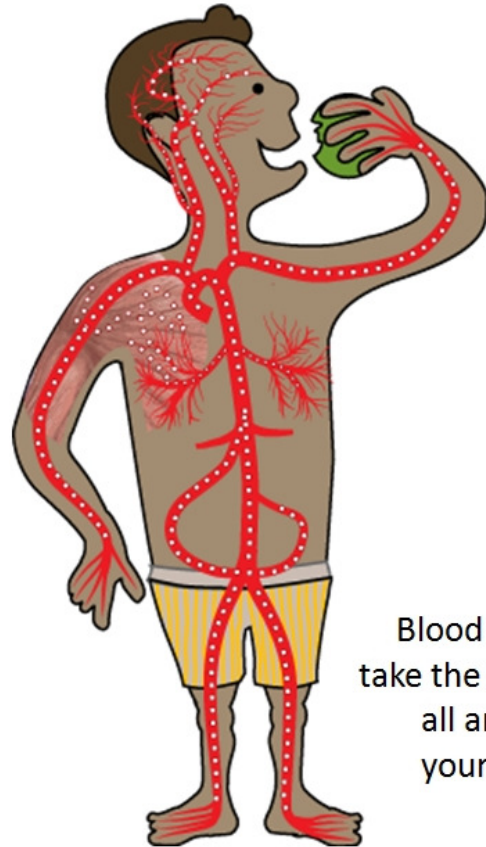
◆ Sugar in food



Sugar in your blood pipes



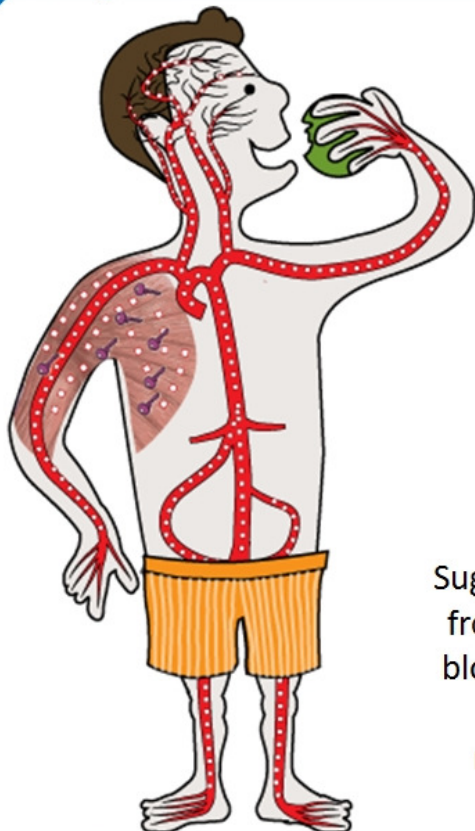
◆ Sugar in food



Blood pipes take the sugar all around your body



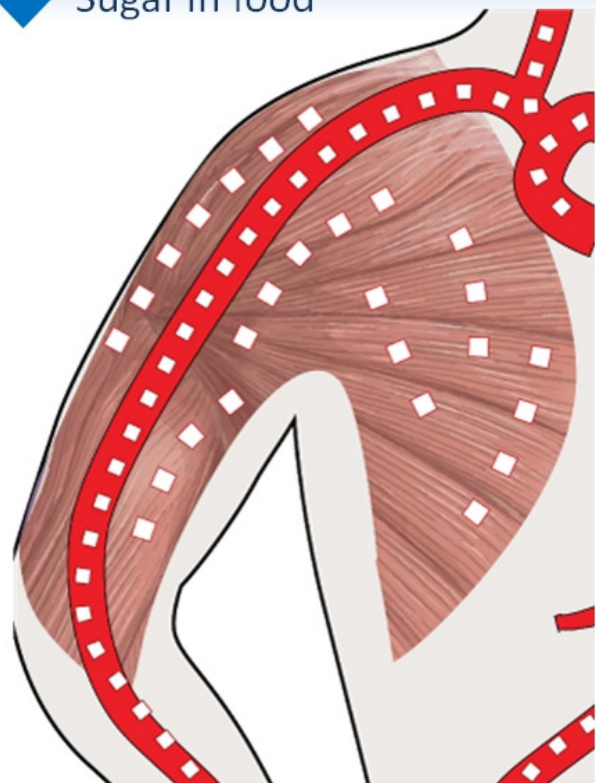
◆ Sugar in food



Sugar goes from your blood into your muscles



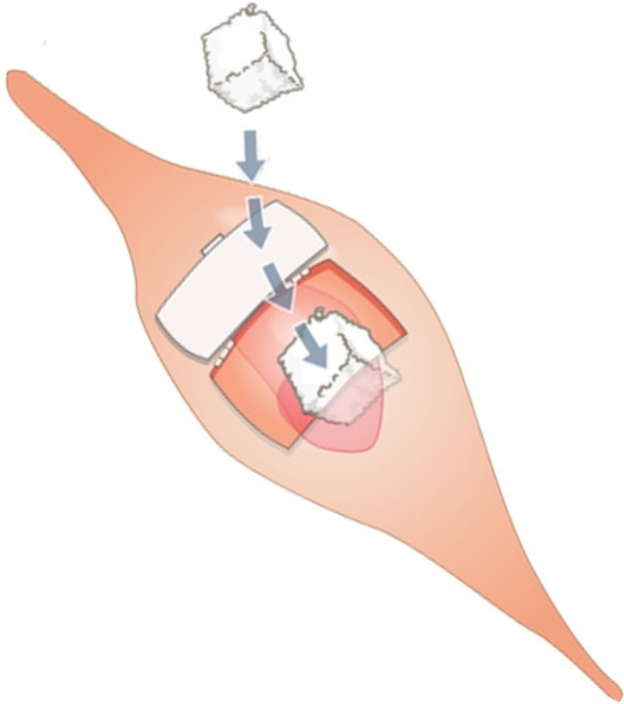
◆ Sugar in food



Sugar in your muscles



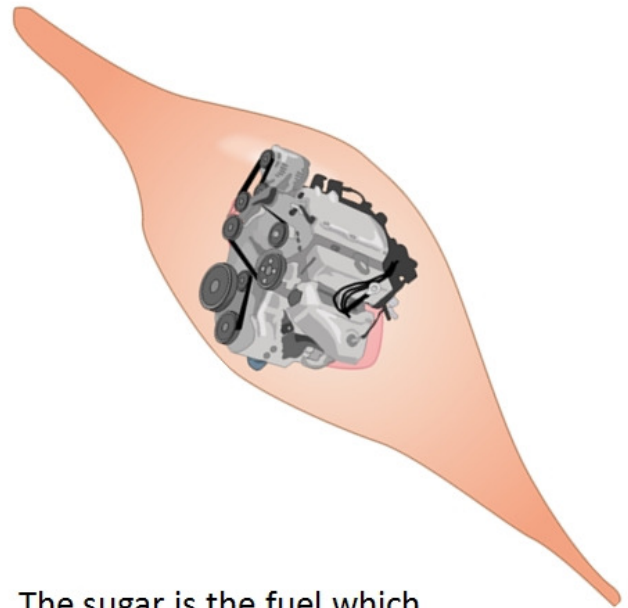
◆ Sugar in food



Sugar goes into your cells



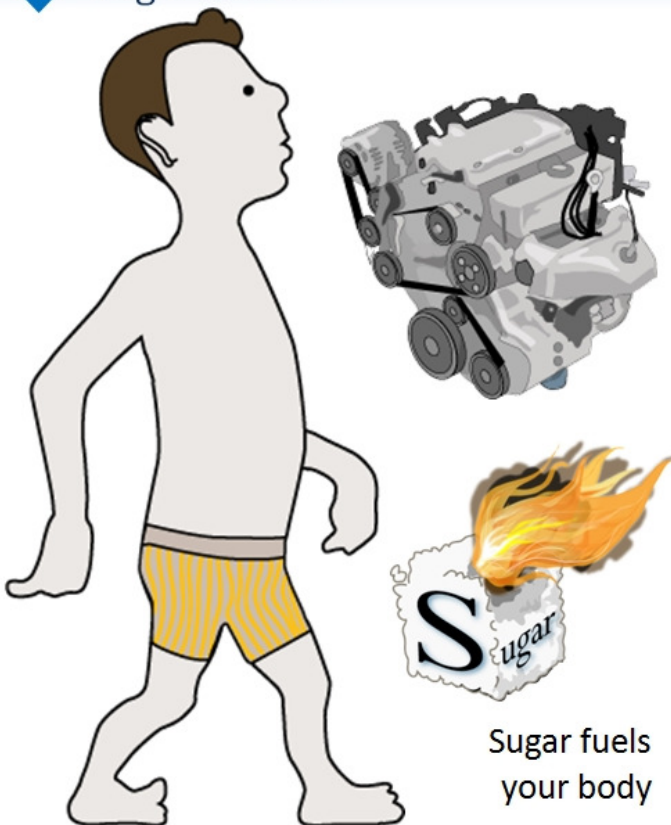
◆ Sugar in food



The sugar is the fuel which makes your cells work



◆ Sugar in food



Sugar fuels your body



There is no need to print the following page when printing and using this resource

Health Professional Facilitator Information

You must use your own professional judgement when using this resource

Purpose of resource:

Talk cards for the diabetes sugar story which can be used with groups or individuals.






Area: Diabetes

Topic: Sugar insulin stories

Story: Sugar in food (Small cards)

Related resources

There are talk cards for the following :

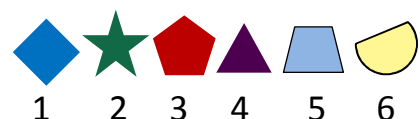
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

Notes:

The resource can be printed A3 or A4 size and then laminated.

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Levels



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