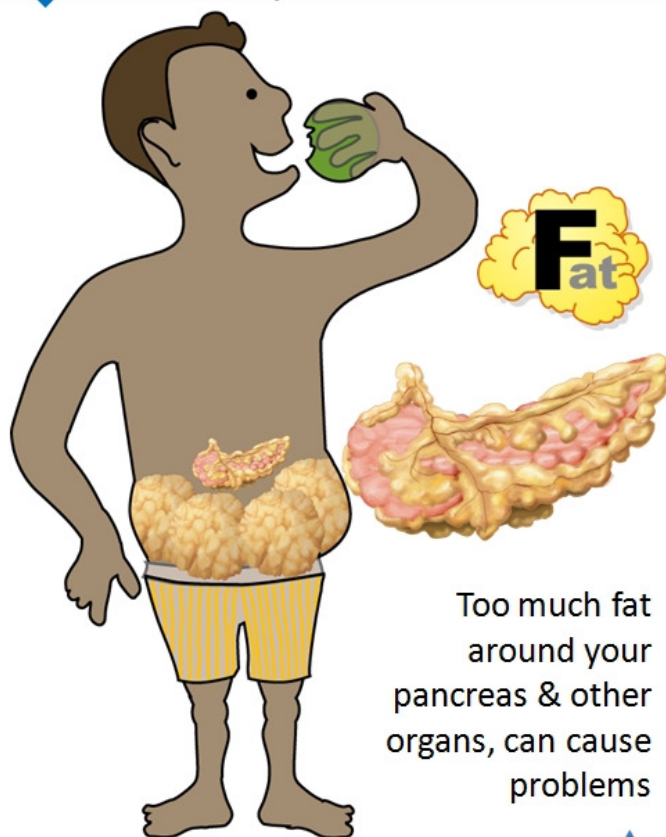


◆ Insulin keys



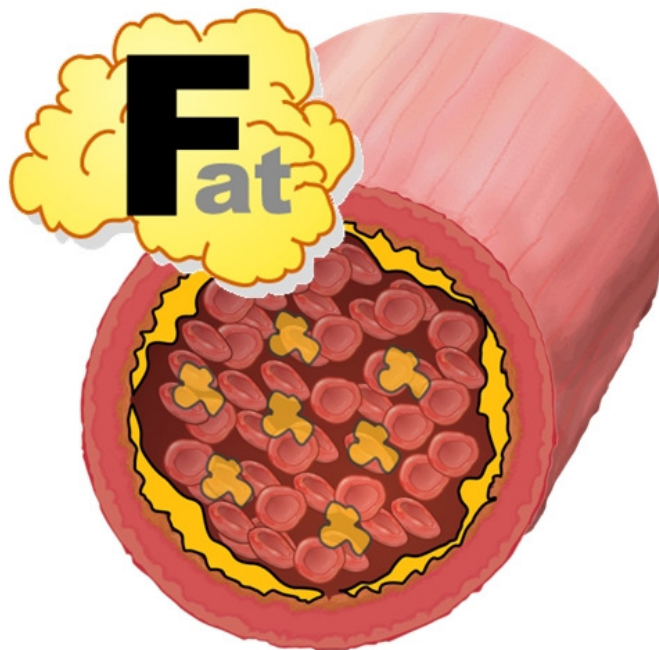
Too much fat
around your
pancreas & other
organs, can cause
problems

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◆ Insulin keys



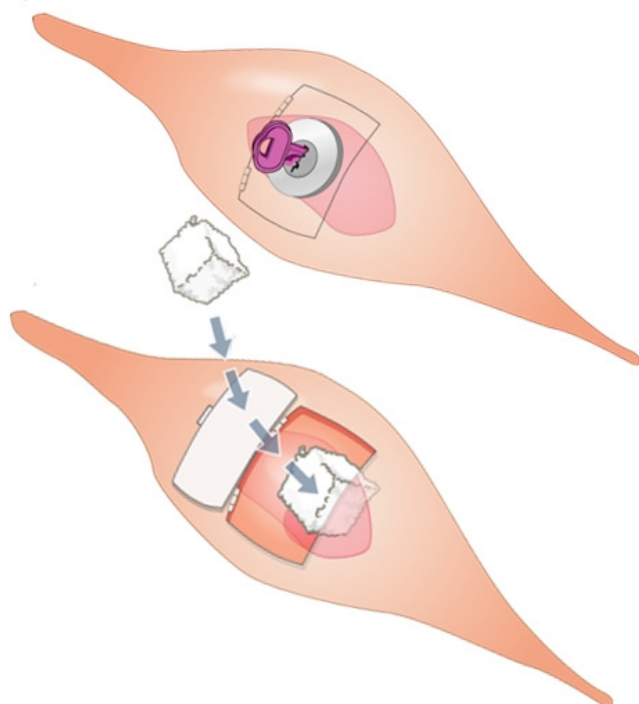
If you don't eat right & aren't active you
can have too much fat in your blood

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◆ Insulin keys



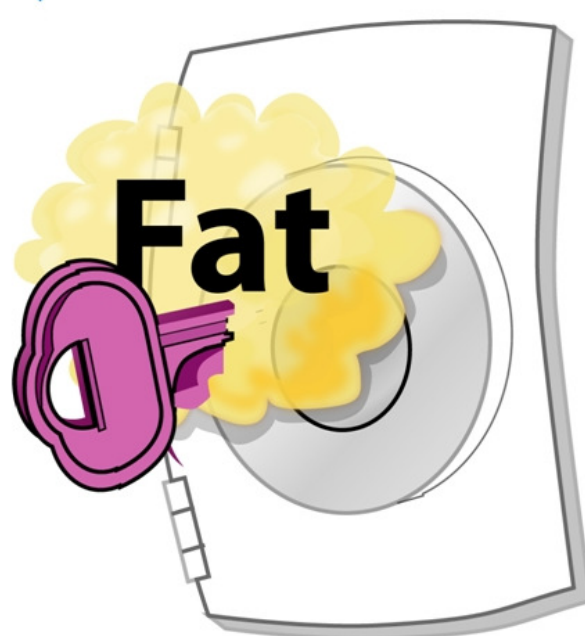
REMEMBER you need insulin keys
to get the sugar into your muscle cells

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◆ Insulin keys



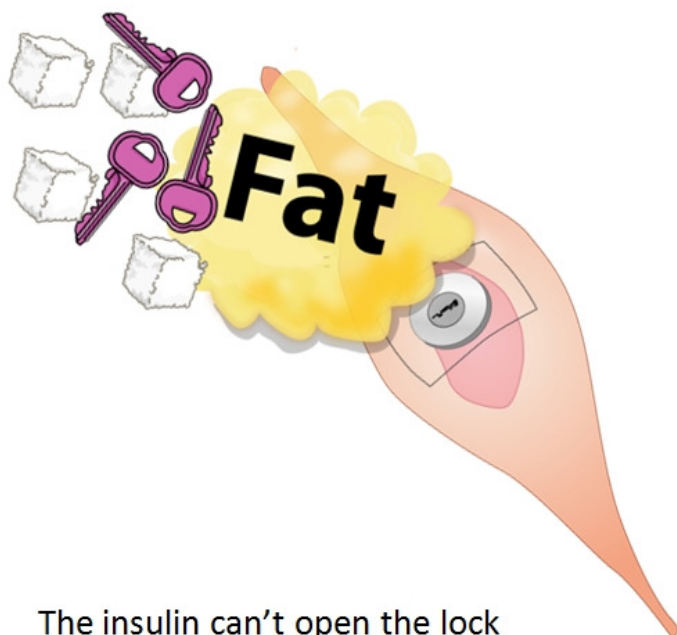
The fat can stop the
lock working properly

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◆ Insulin keys



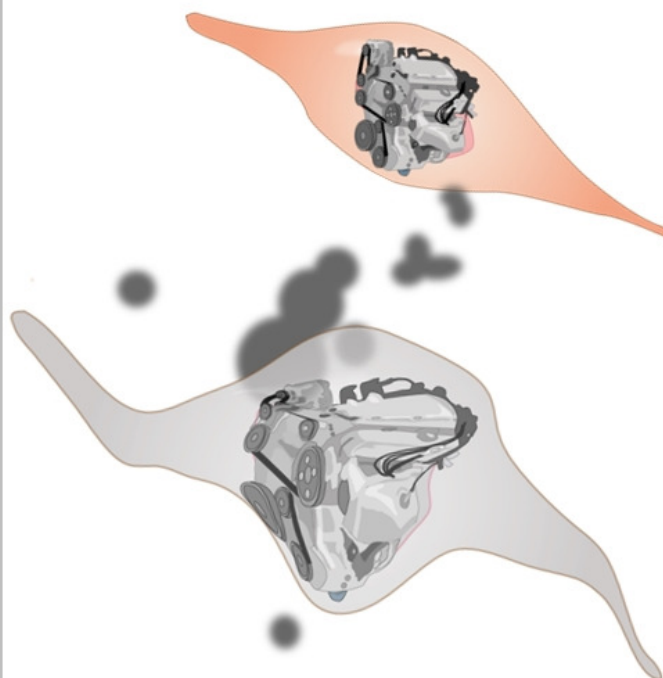
The insulin can't open the lock
and the sugar can't get in

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◆ Insulin keys



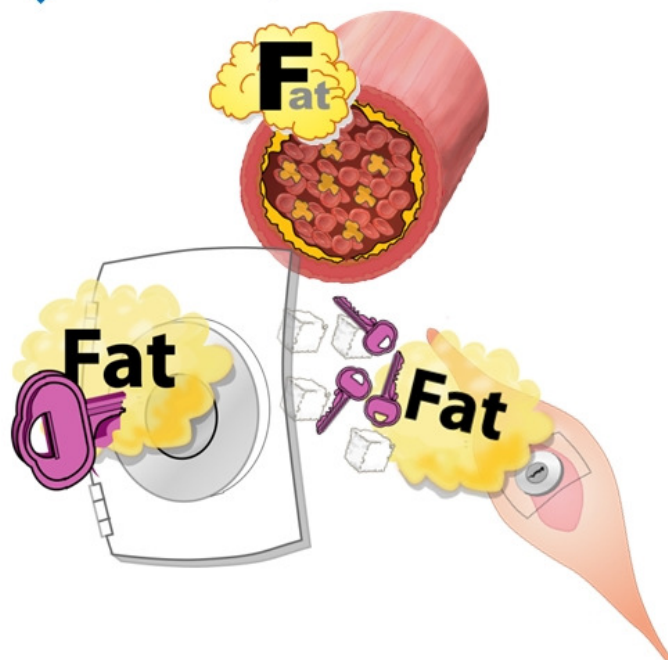
The cell stops working properly
because there is no fuel

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◆ Insulin keys



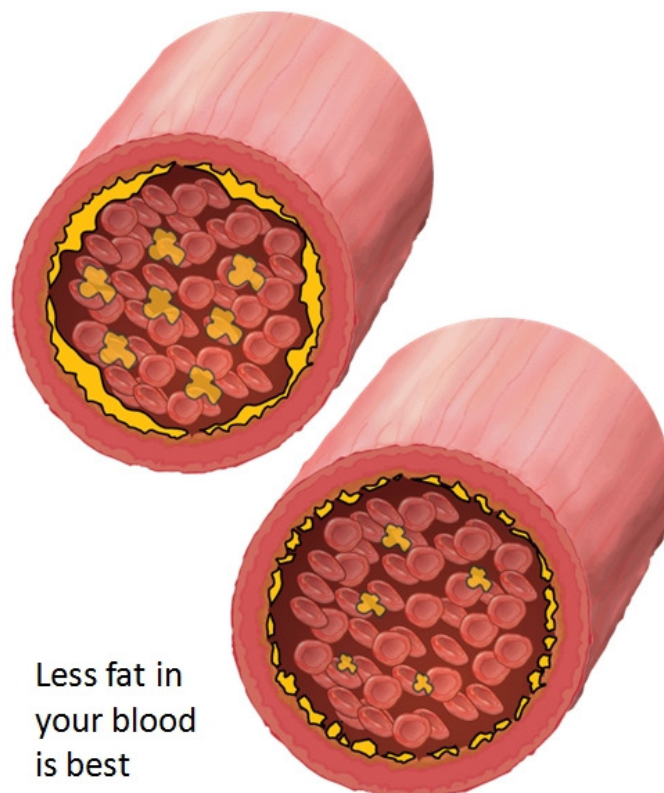
This is called **INSULIN RESISTANCE**

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◆ Insulin keys



Less fat in
your blood
is best

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◆ Insulin keys



Being active can make
the locks work better

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◆ Insulin keys



Taking cholesterol medicine can help you
have more good cholesterol in your blood

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◆ Insulin keys



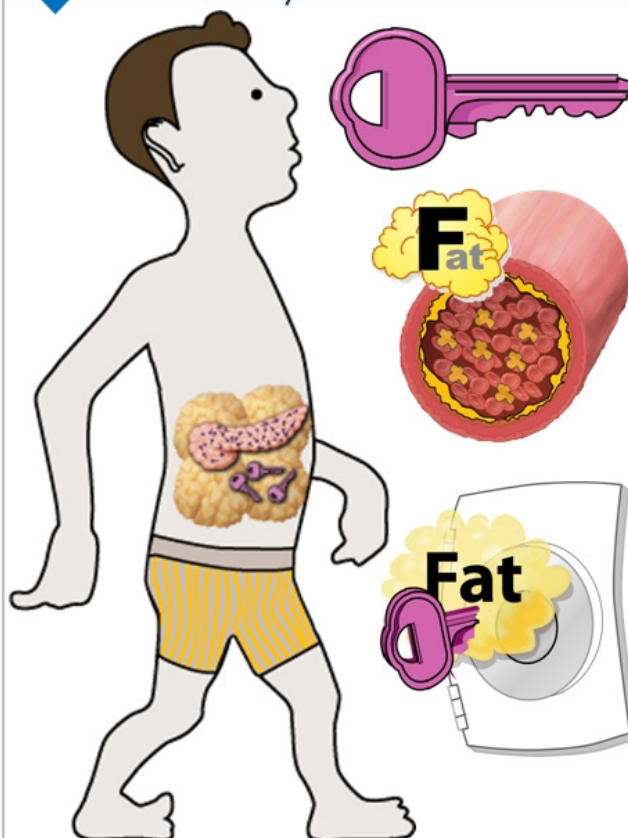
Eating right can help you
have less fat in your blood

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◆ Insulin keys



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Insulin keys



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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 :

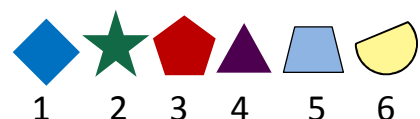
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

Notes:

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

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Levels



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