

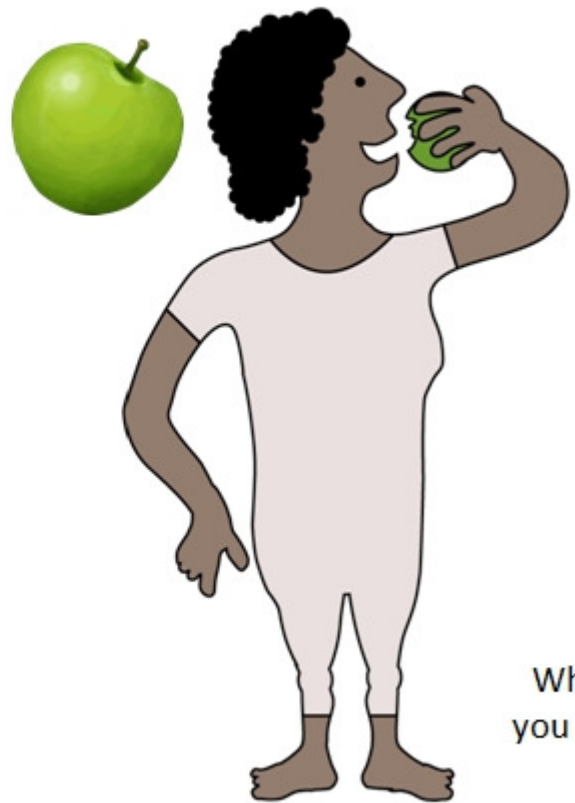
◆ Sugar in food



Food contains sugar



◆ Sugar in food



When you eat



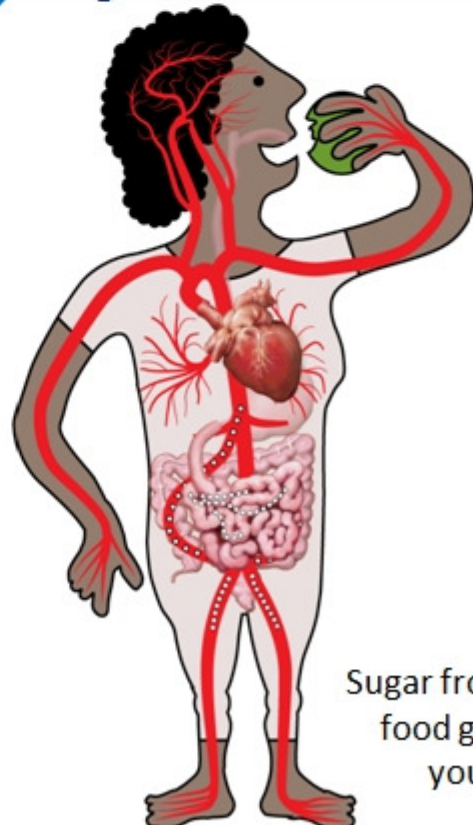
◆ Sugar in food



Food goes down into your stomach & intestines



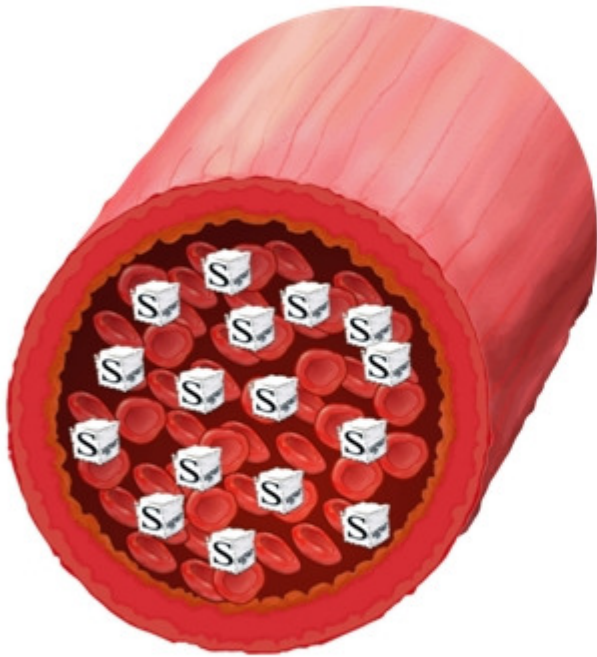
◆ Sugar in food



Sugar from your food goes into your blood



◆ Sugar in food



Sugar in your blood pipes

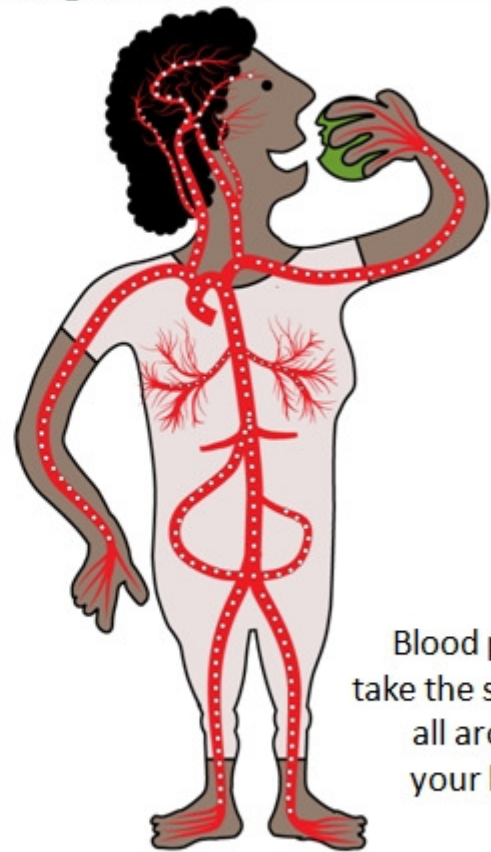
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◆ Sugar in food



Blood pipes take the sugar all around your body

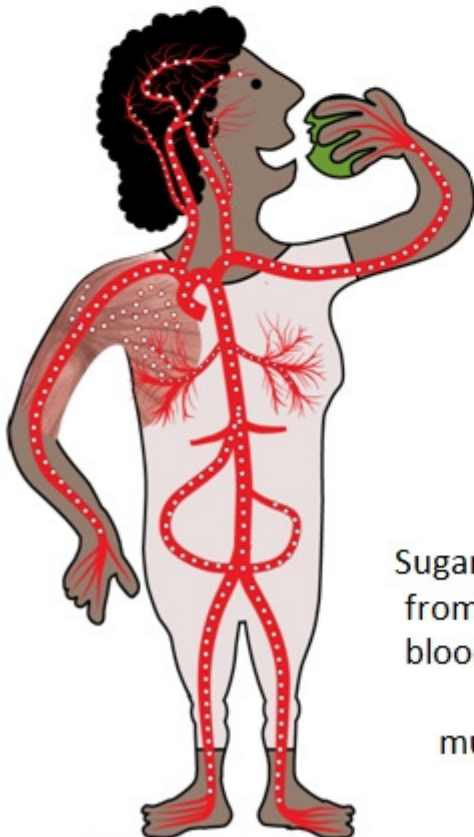
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◆ Sugar in food



Sugar goes from your blood into your muscles

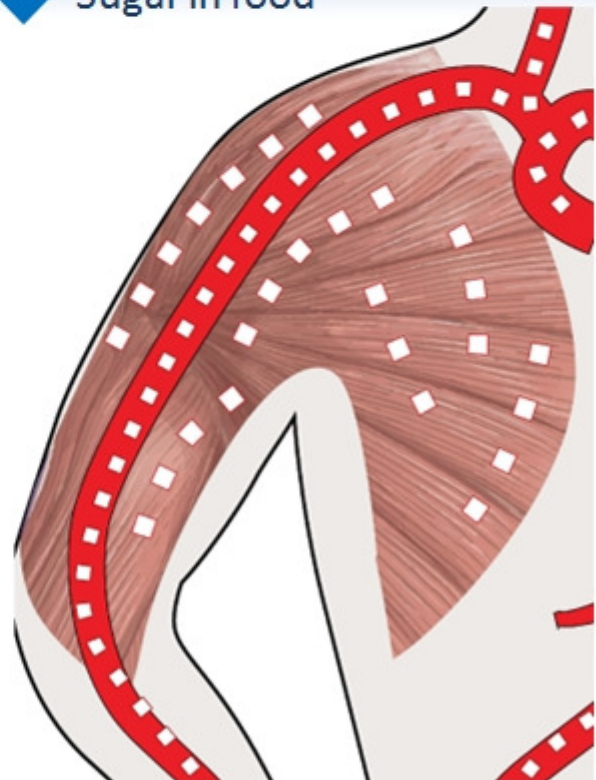
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◆ Sugar in food



Sugar in your muscles

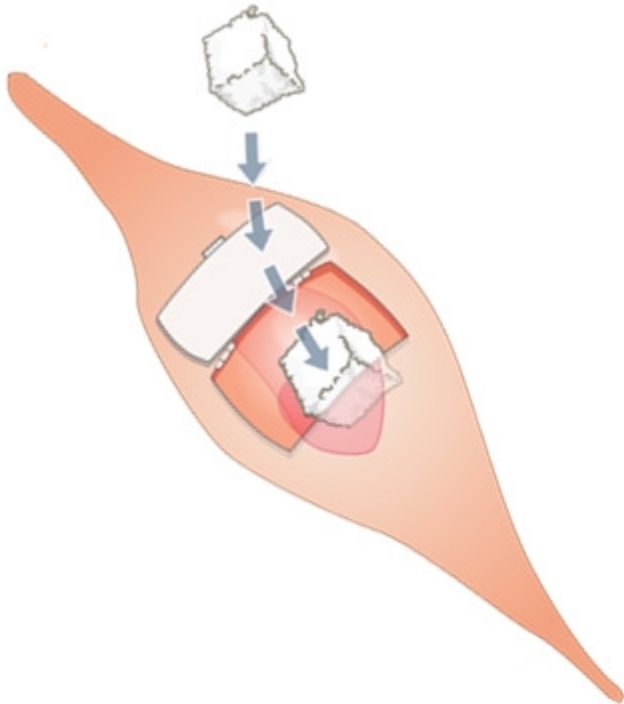
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◆ Sugar in food



Sugar goes into your cells

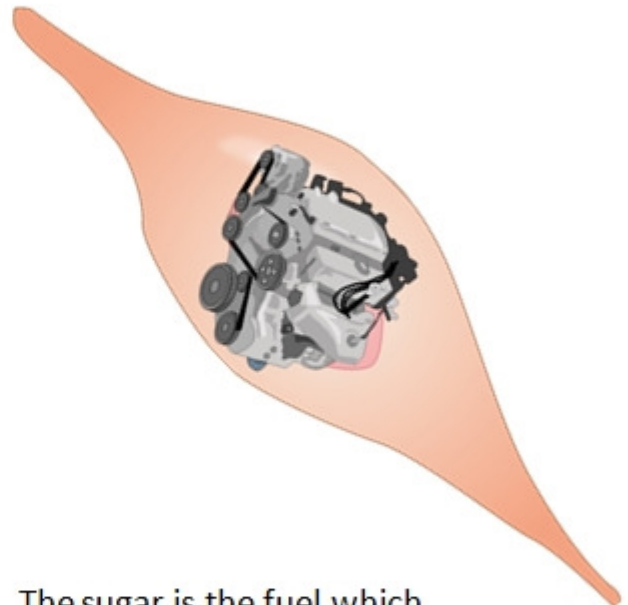
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◆ Sugar in food



The sugar is the fuel which
makes your cells work

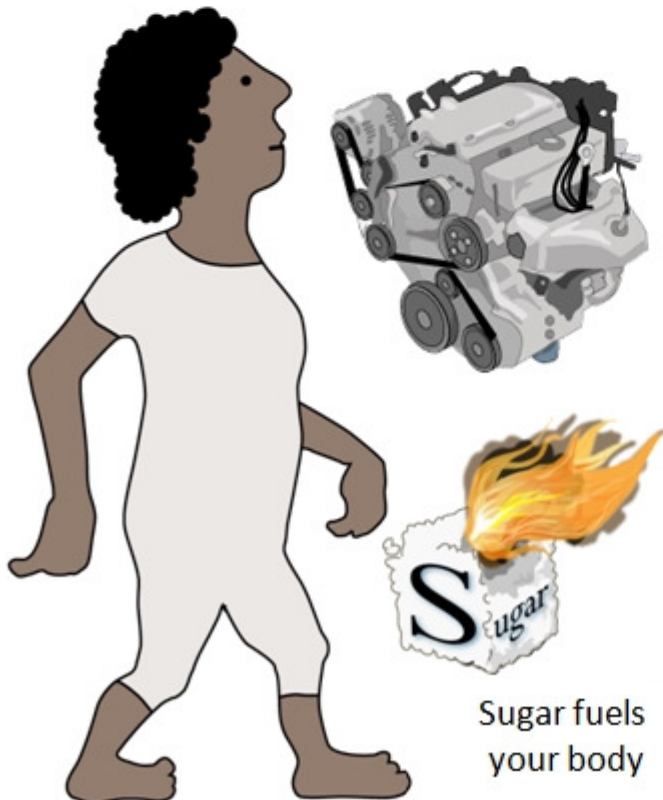
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◆ Sugar in food



Sugar fuels
your body

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

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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 :

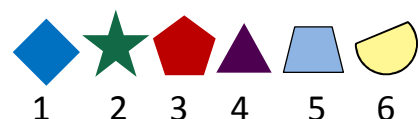
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

Notes:

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

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Levels



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