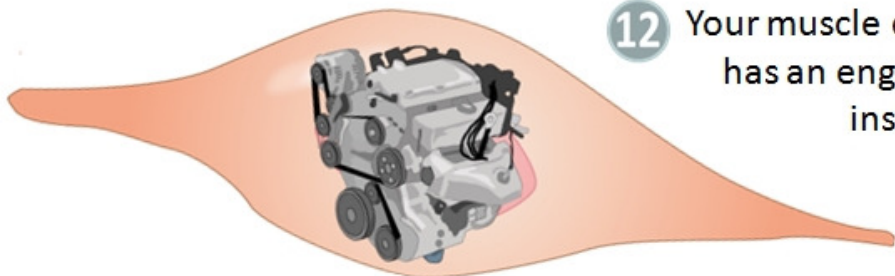
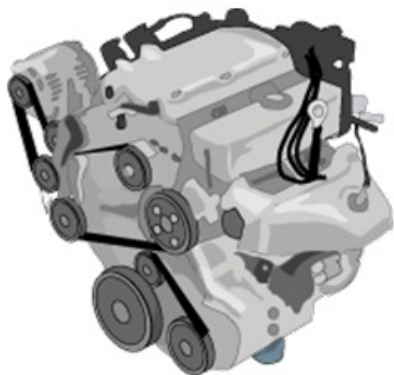


12 Your muscle cell has an engine inside

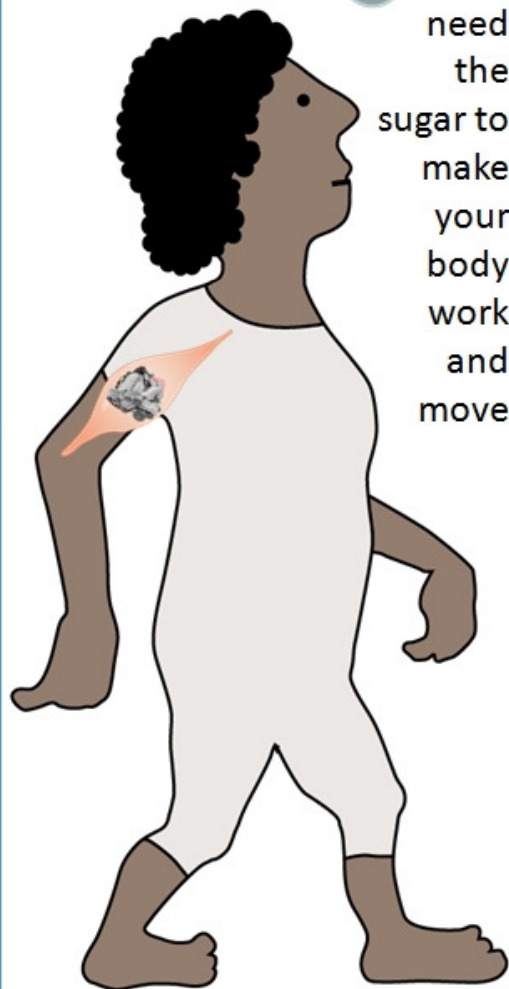


13 The engine is powered by the sugar



14 Sugar is the engines fuel

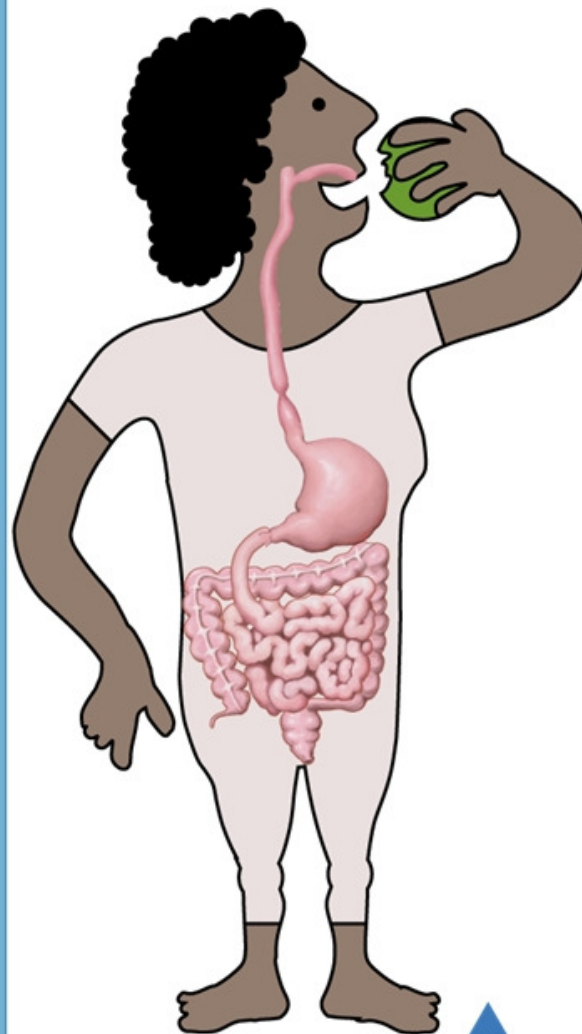
15 You need the sugar to make your body work and move



Sugar

Sugar insulin stories – Story 1 - Woman

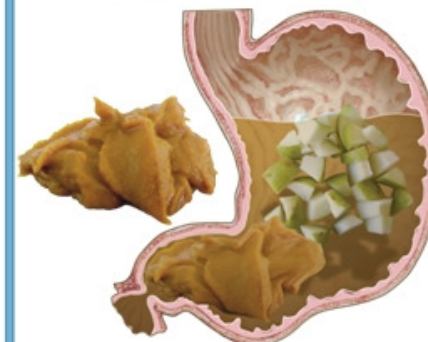
1 What happens when you eat...



2 Your food contains sugar and starch

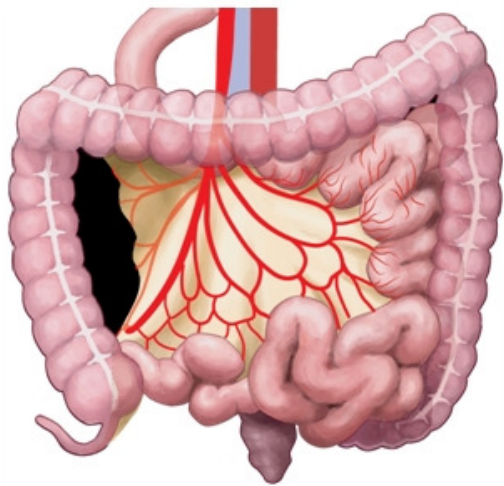


3 The food goes down a pipe into your stomach where becomes a paste

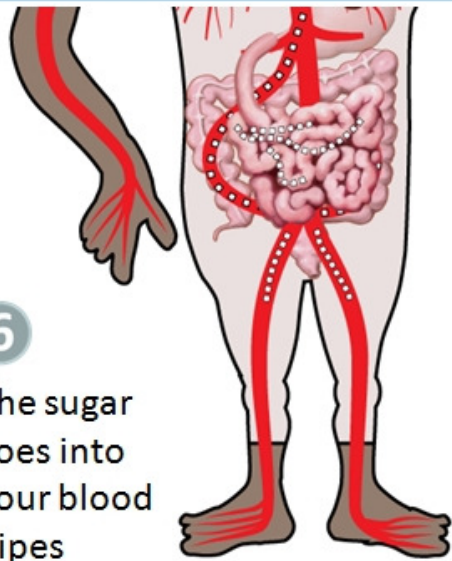


4 The paste goes down into your intestines

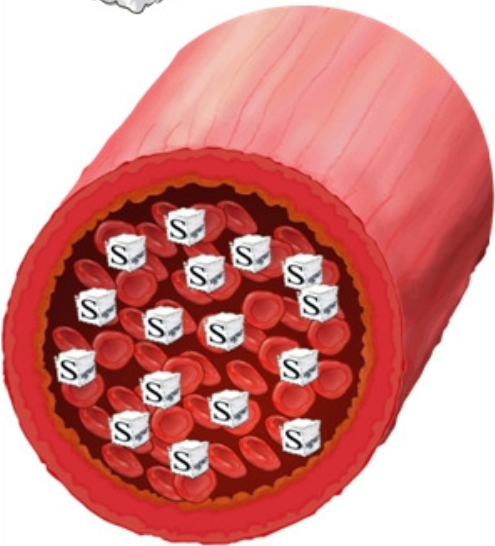




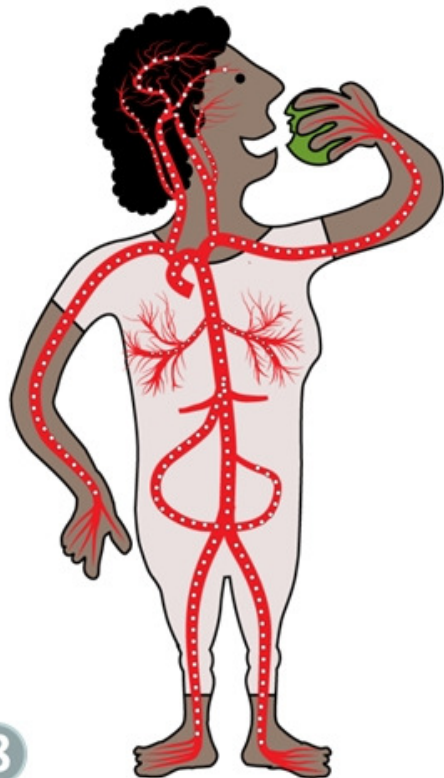
5 You have blood pipes in your intestines



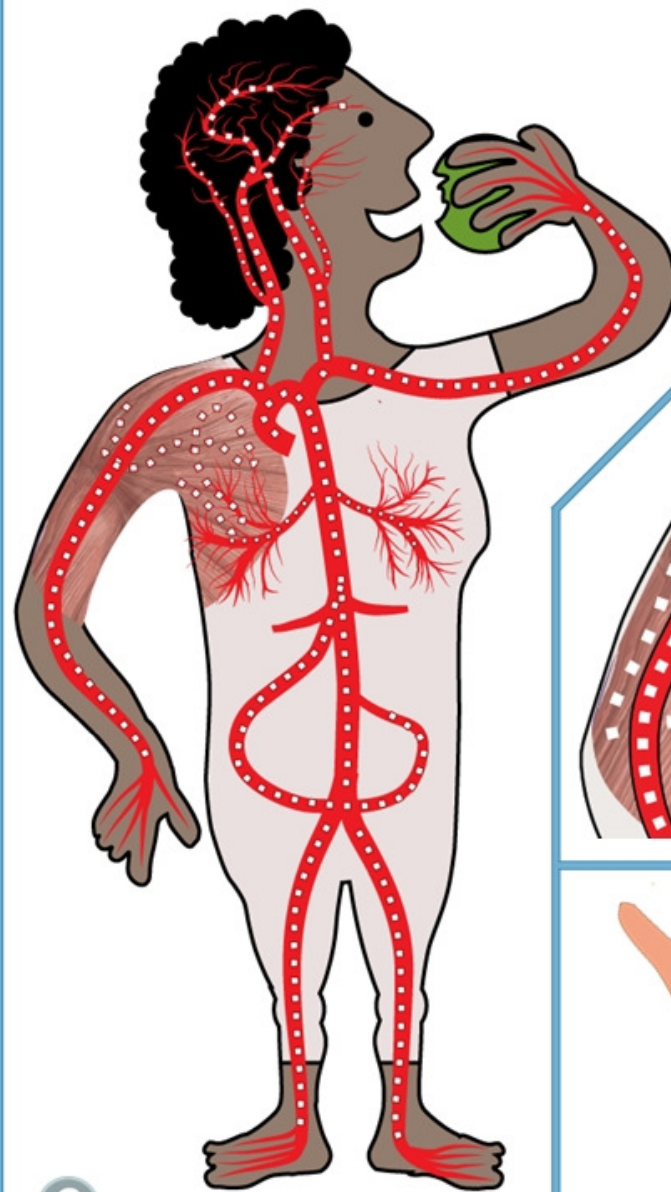
6 The sugar goes into your blood pipes



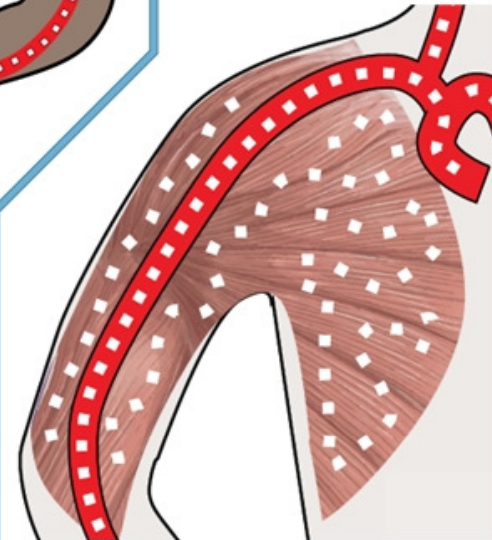
7 You now have sugar in your blood pipes



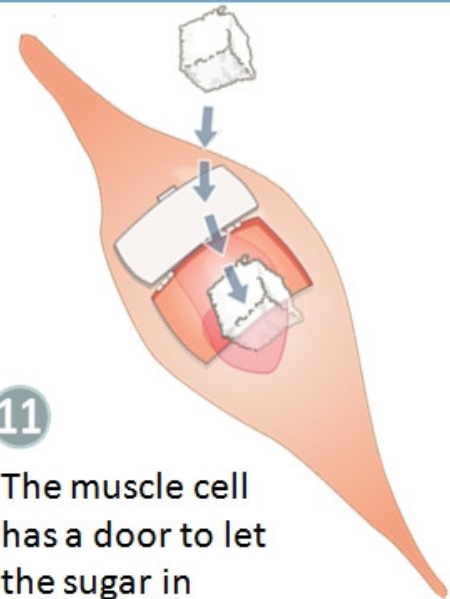
8 The blood pipes take the sugar all around your body



9 Sugar goes from your blood into your muscles



10 The sugar is now in your muscles



11 The muscle cell has a door to let the sugar in

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:

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

Area: Diabetes

Topic: Sugar insulin stories

Story: Sugar in food

Related resources

There are talk cards for the following :

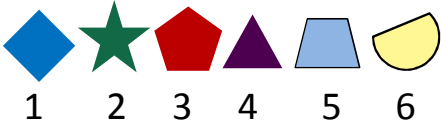
1. Sugar in food
2. Insulin keys
3. Insulin resistance
4. No insulin keys (Type 1)
5. Not enough insulin keys (Type 2)

Notes:

The resource can be printed A3 and folded.

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Levels



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