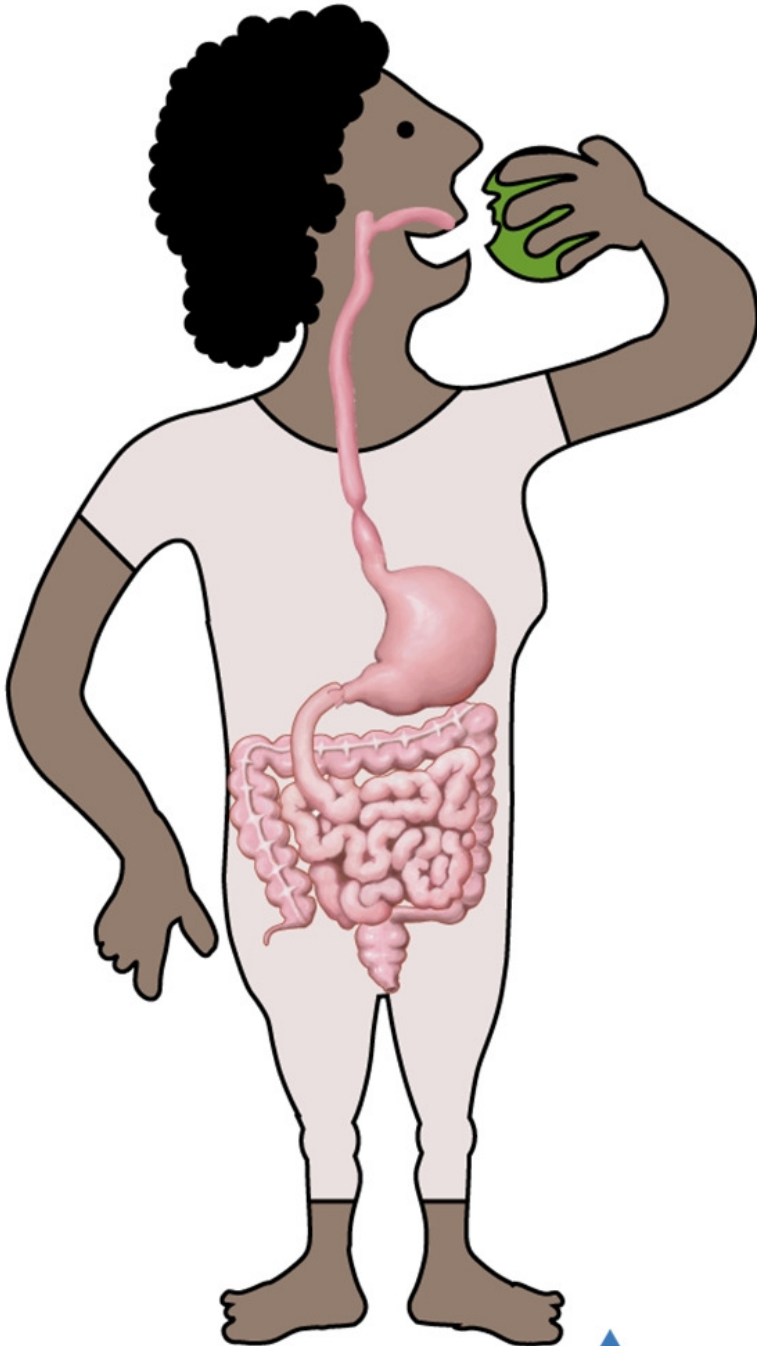


# Sugar

Sugar insulin stories – Story 1 - Woman

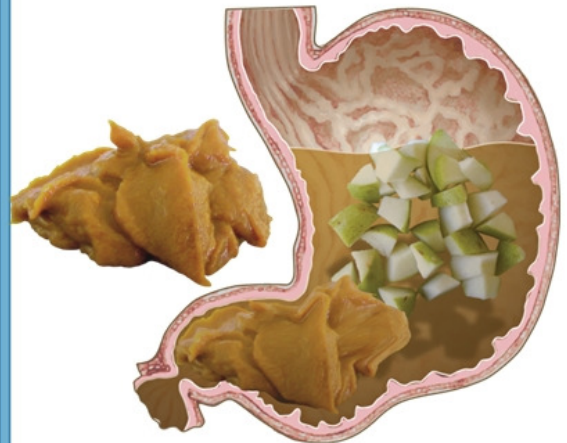
**1** What happens when you eat...



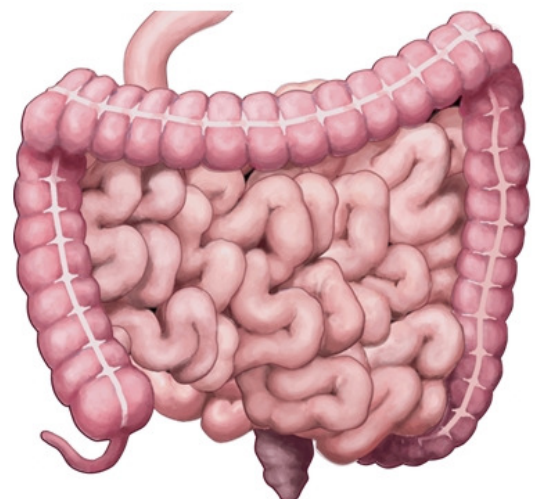
**2** Your food contains sugar and starch



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



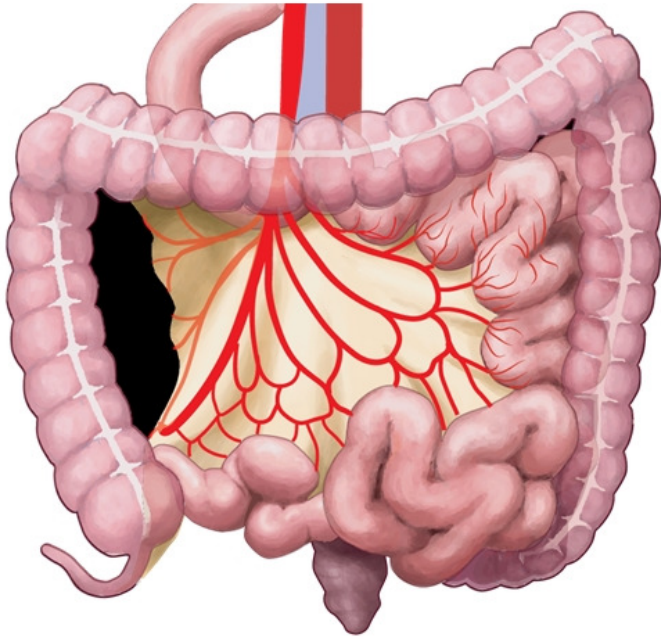
**4** The paste goes down into your intestines



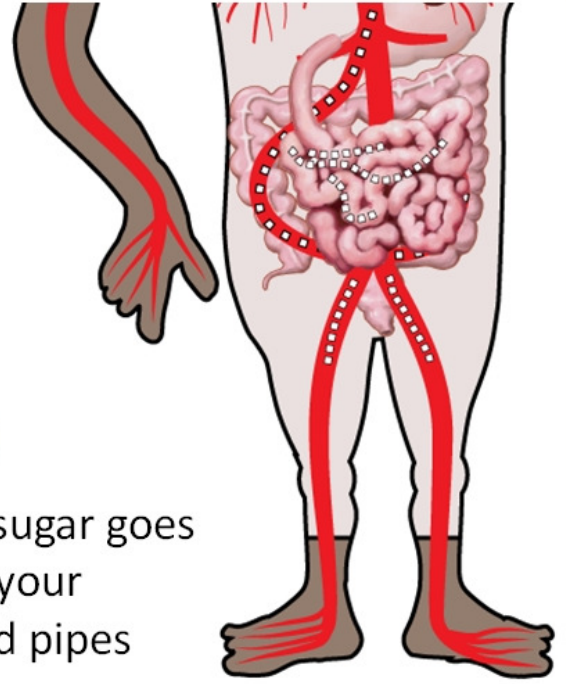
**CDRO**

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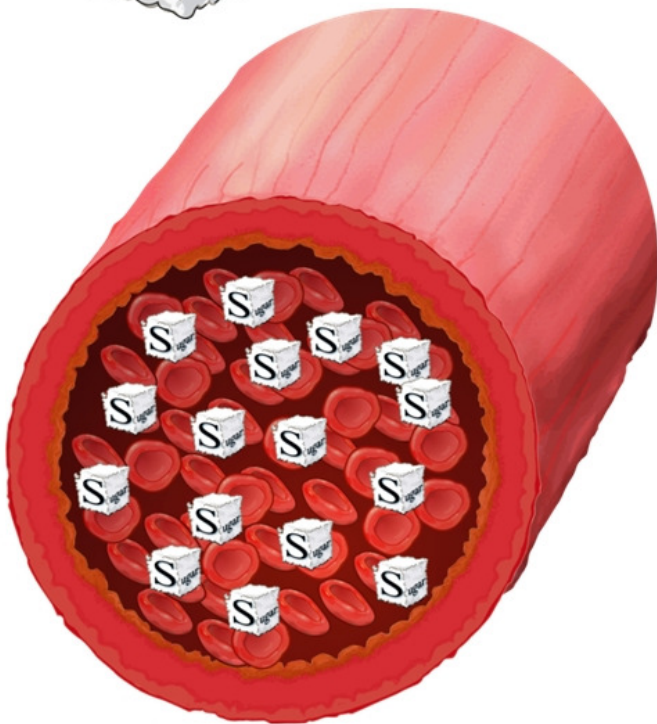




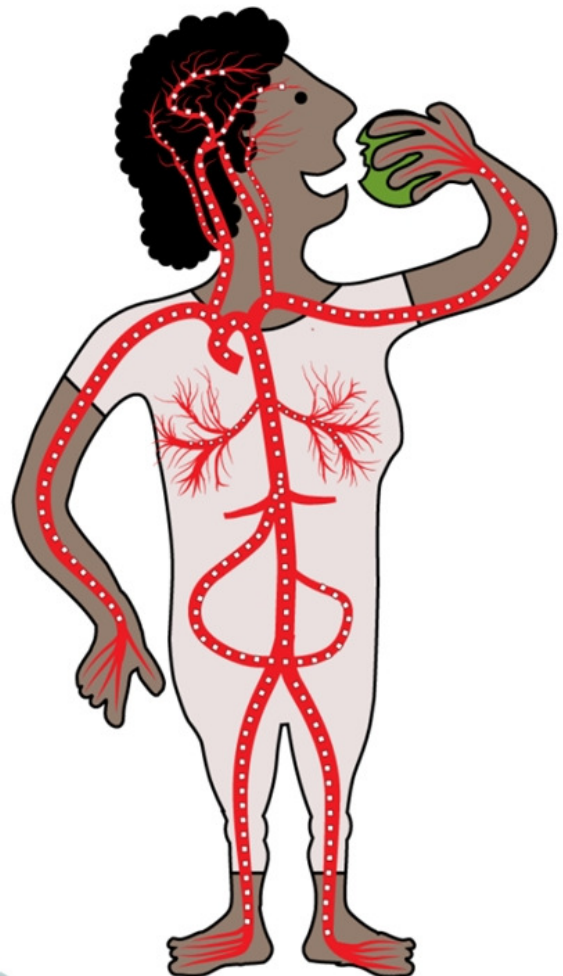
**5** You have blood pipes in your intestines



**6** The sugar goes into your blood pipes



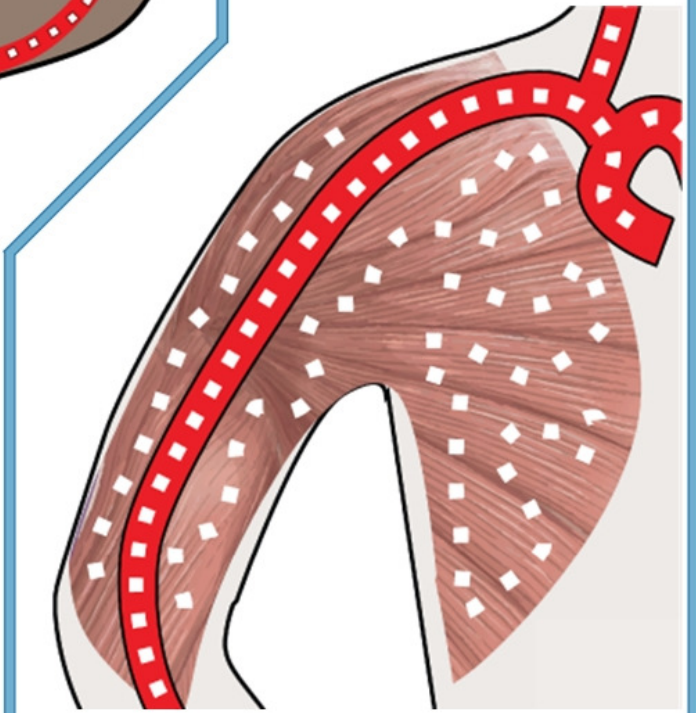
**7** You now have sugar in your blood pipes



**8** The blood pipes take the sugar all around your body

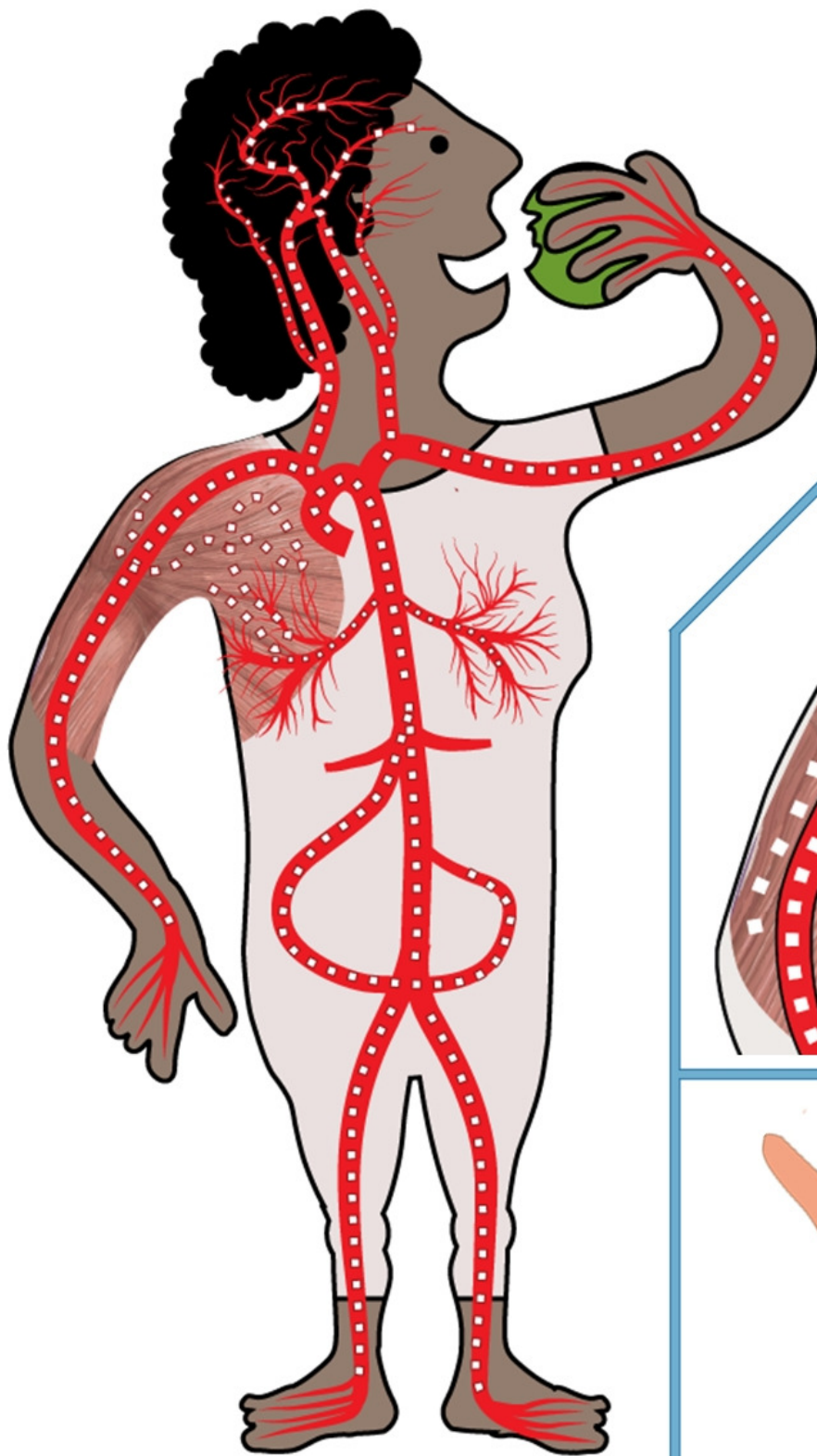
10

The sugar is now in your muscles



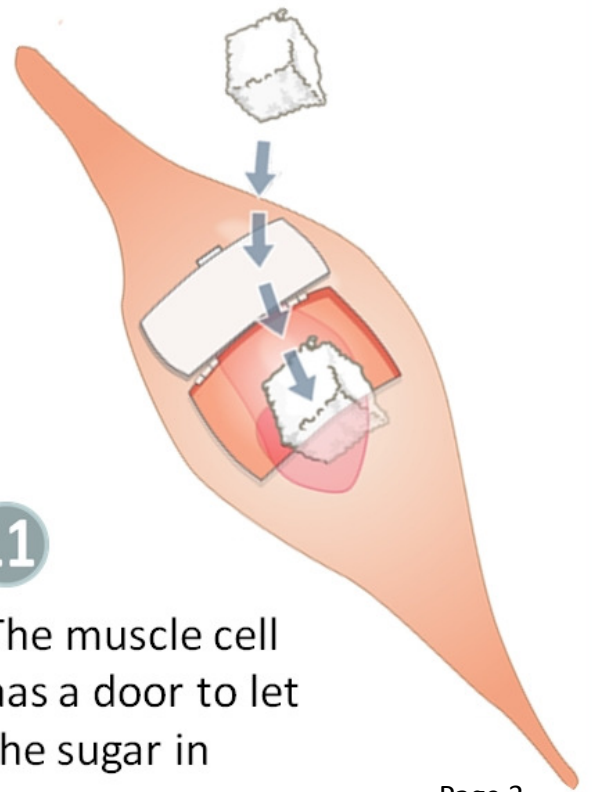
9

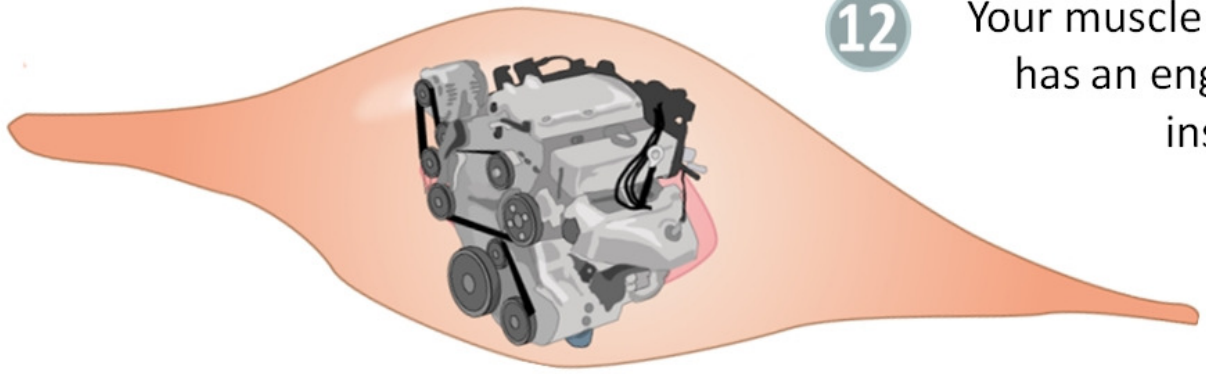
Sugar goes from your blood into your muscles



11

The muscle cell has a door to let the sugar in





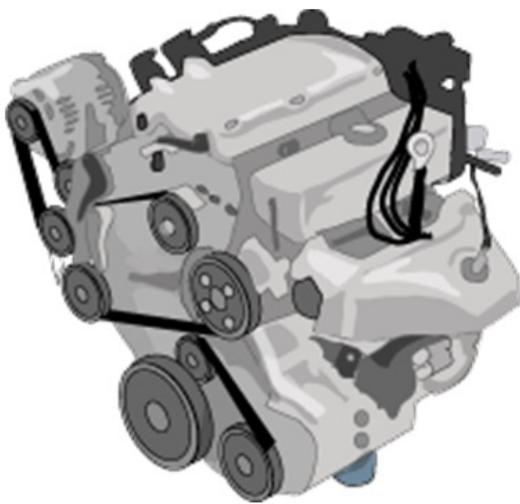
12

Your muscle cell has an engine inside



13

The engine is powered by the sugar

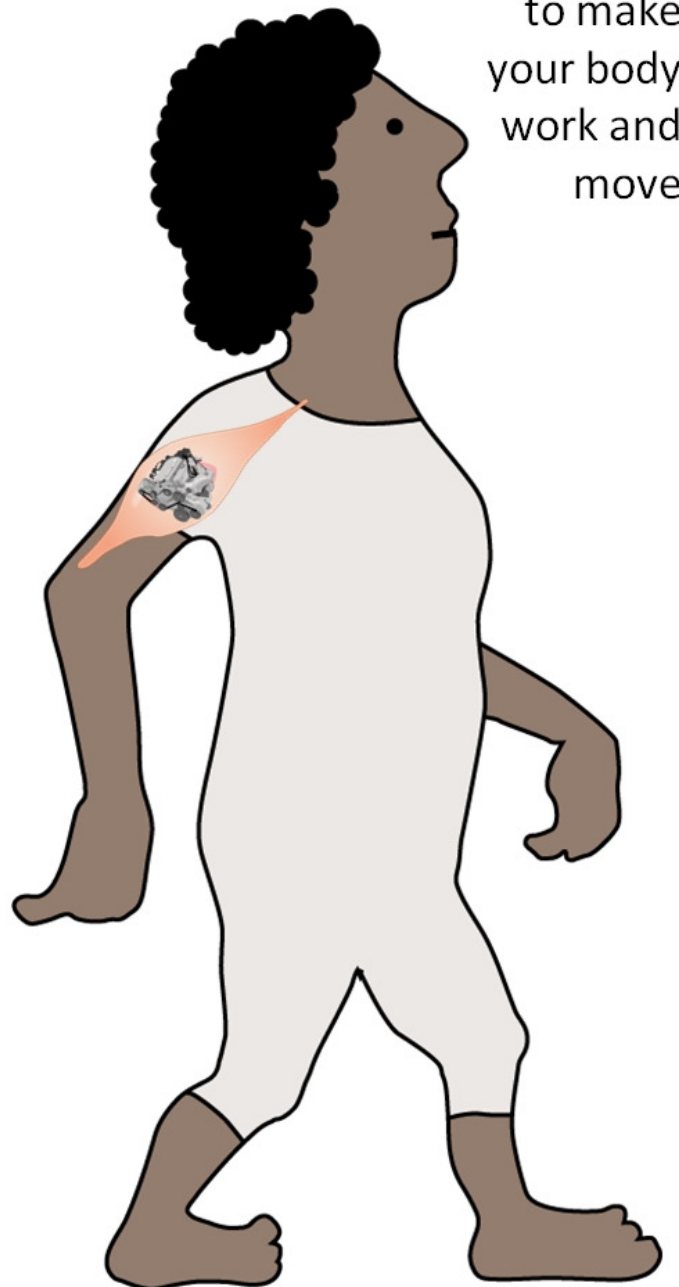


14

Sugar is the engines fuel

15

You need the sugar to make your body work and move



# 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:

Tablet handouts 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 Tablet handouts for the following :

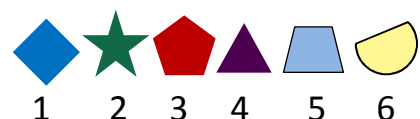
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

### Notes:

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

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Levels



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