



11

Eating right is very important



12

You will need to have insulin

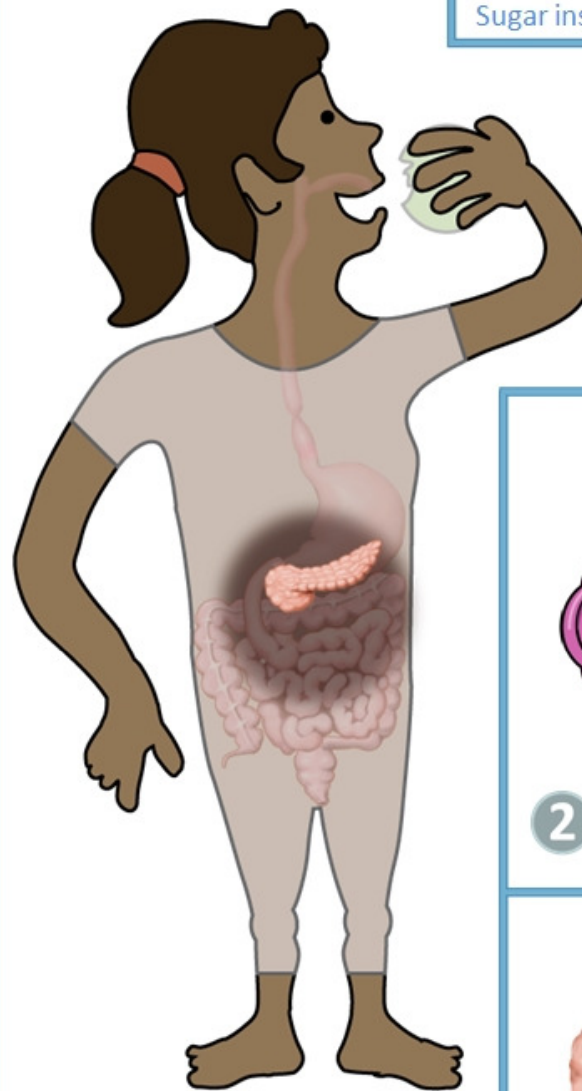


13

Being active keeps your body healthy and helps insulin work better

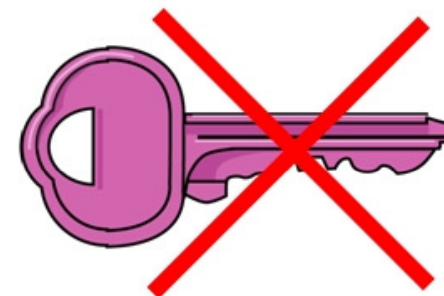
No insulin

Sugar insulin stories – Story 2 -Girl



1

What happens if there are no insulin keys



2

No insulin keys



3

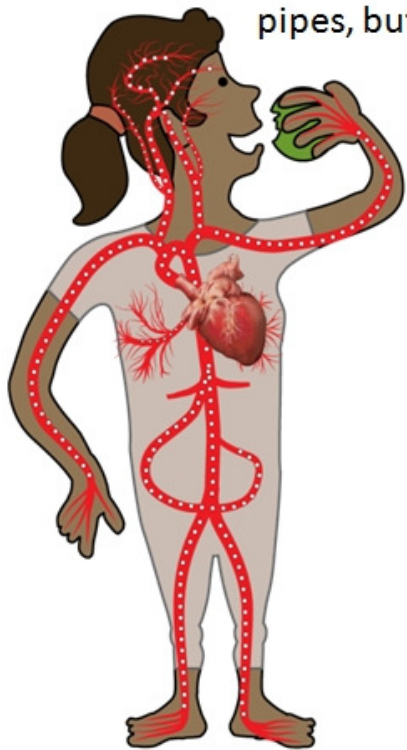
The pancreas doesn't make insulin keys

CDRO

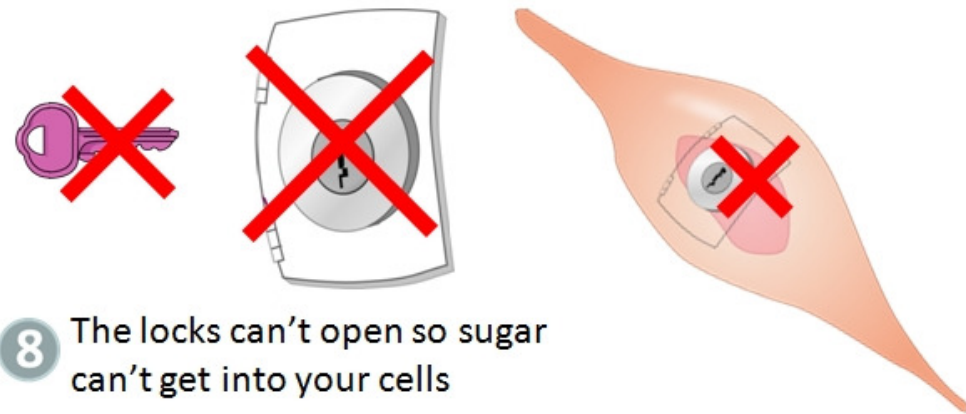
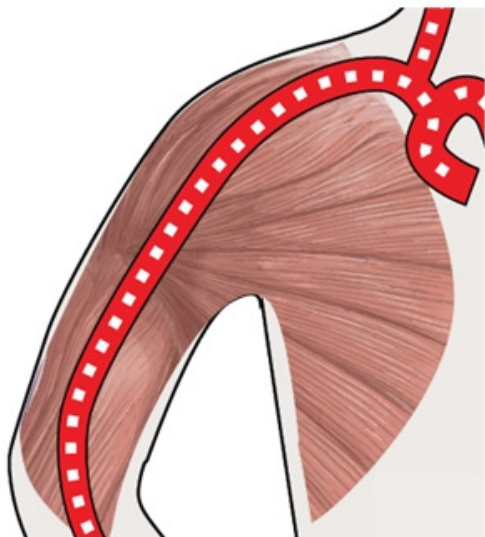
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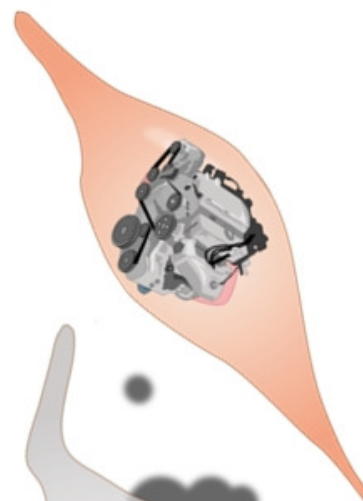
4 The sugar goes into your blood pipes, but...



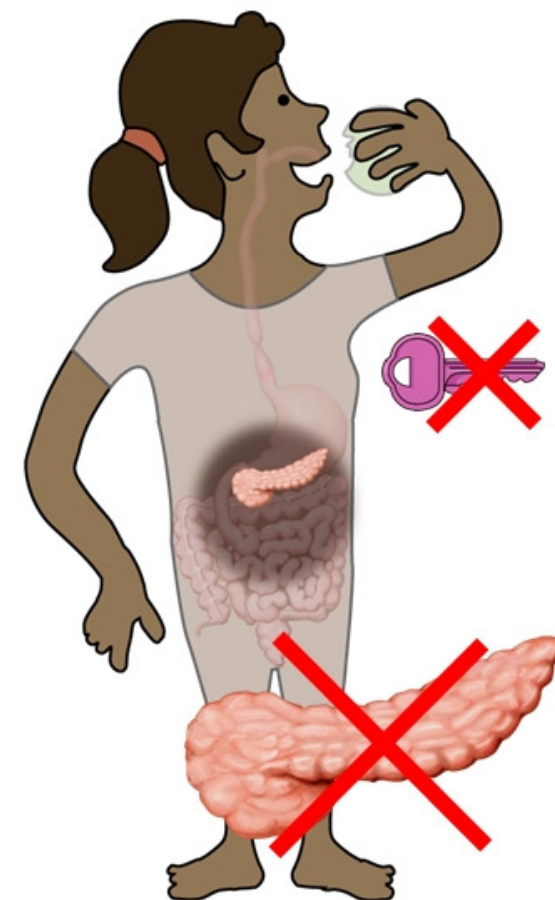
5 ...your muscles can't store sugar without insulin



8 The locks can't open so sugar can't get into your cells

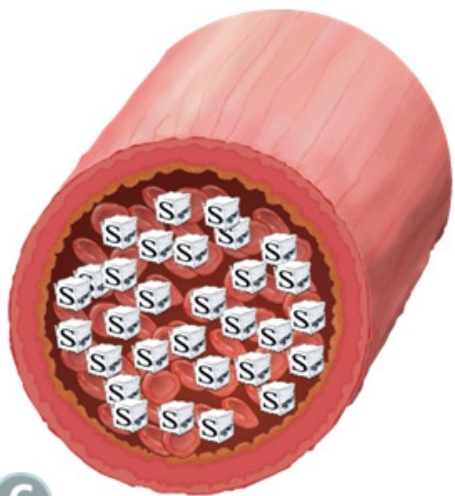


9 The cell stops working properly because there is no fuel

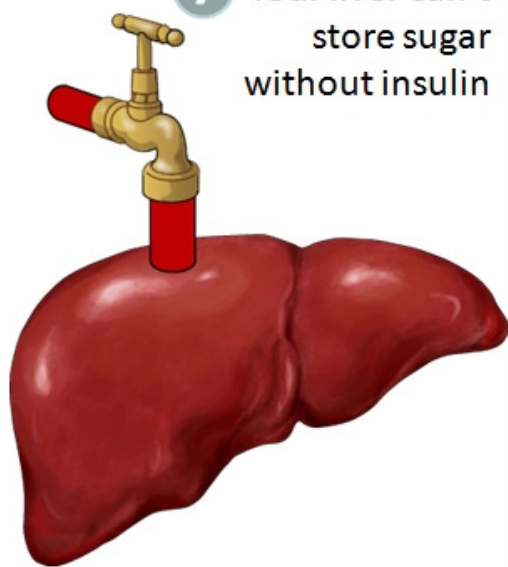


10 This happens when you have **Type 1 diabetes**

6 Lots of sugar is in your blood



7 Your liver can't store sugar without insulin



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 :

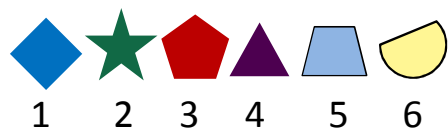
1. Sugar in food
2. Insulin keys
3. Insulin resistance
4. No insulin keys (Type 1)
5. Not enough insulin keys (Type 2)

Notes:

The resource can be printed A3 and folded.

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Levels



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