

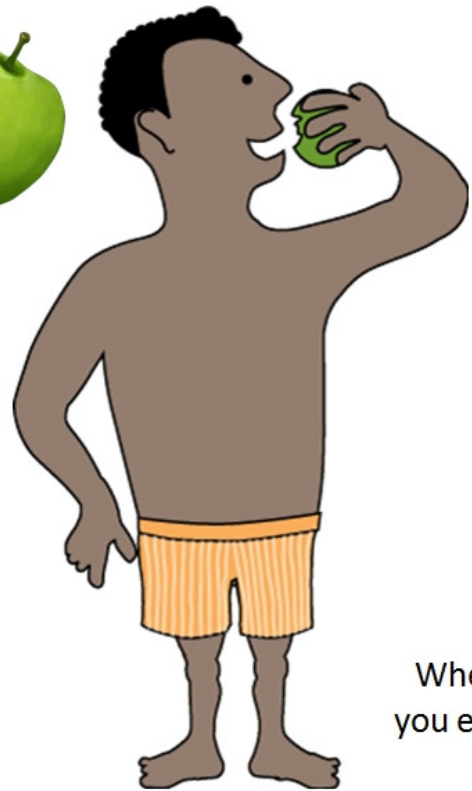
◆ Sugar in food



Food contains sugar



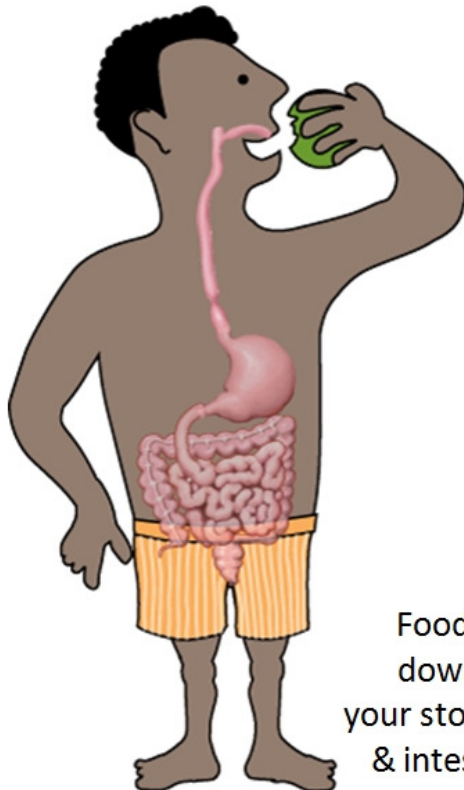
◆ Sugar in food



When you eat



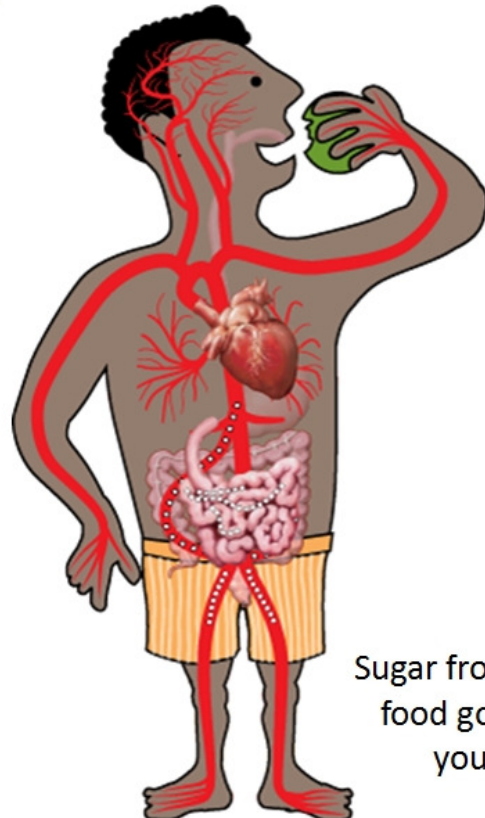
◆ Sugar in food



Food goes down into your stomach & intestines



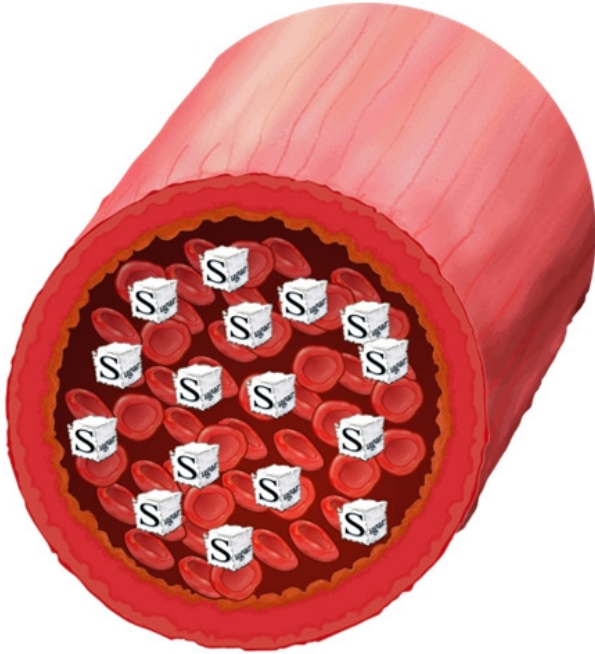
◆ Sugar in food



Sugar from your food goes into your blood



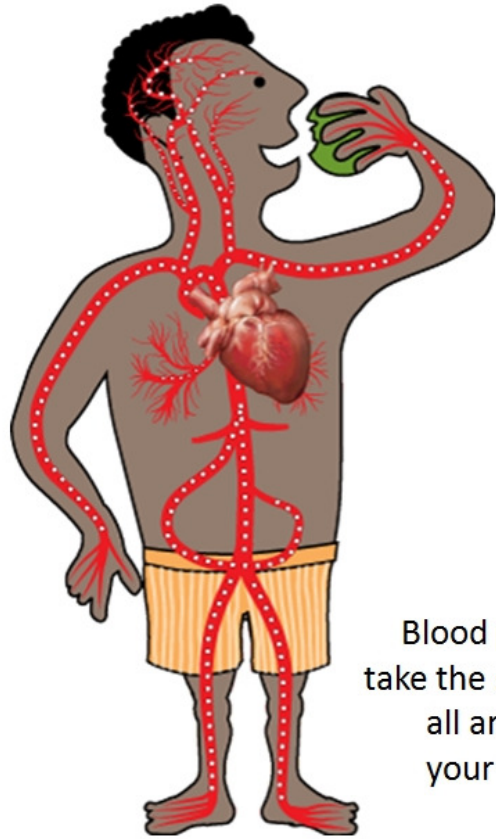
◆ Sugar in food



Sugar in your blood pipes



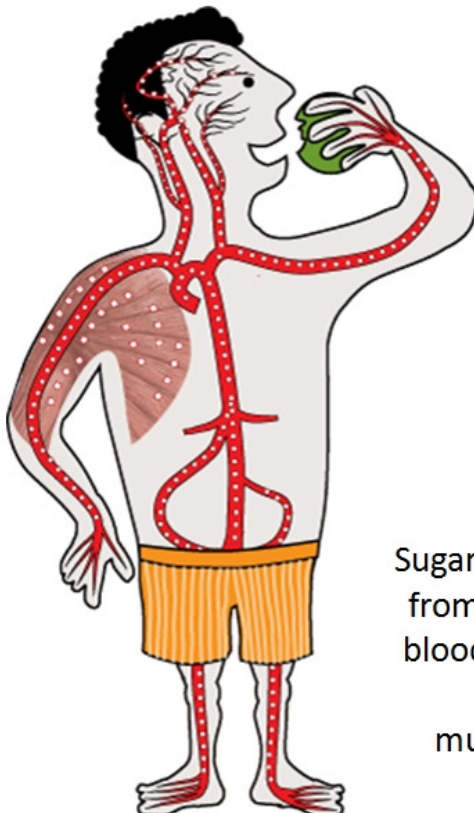
◆ Sugar in food



Blood pipes take the sugar all around your body



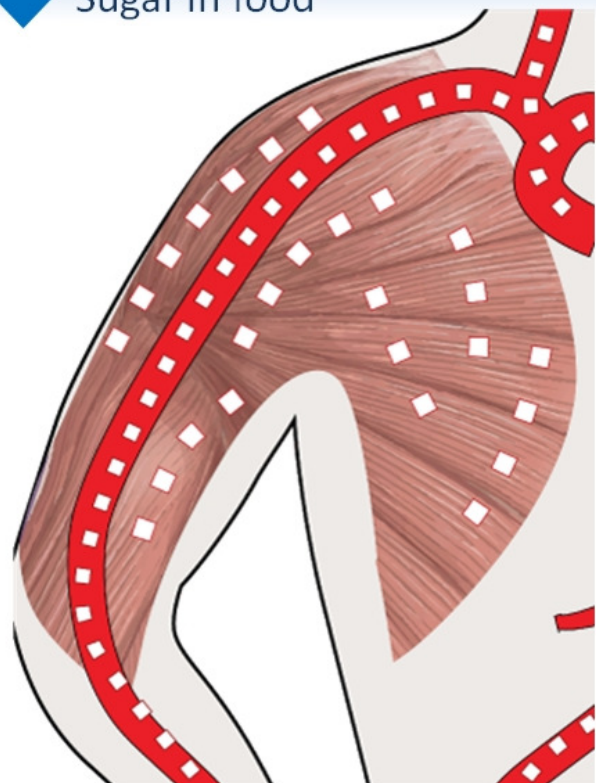
◆ Sugar in food



Sugar goes from your blood into your muscles



◆ Sugar in food

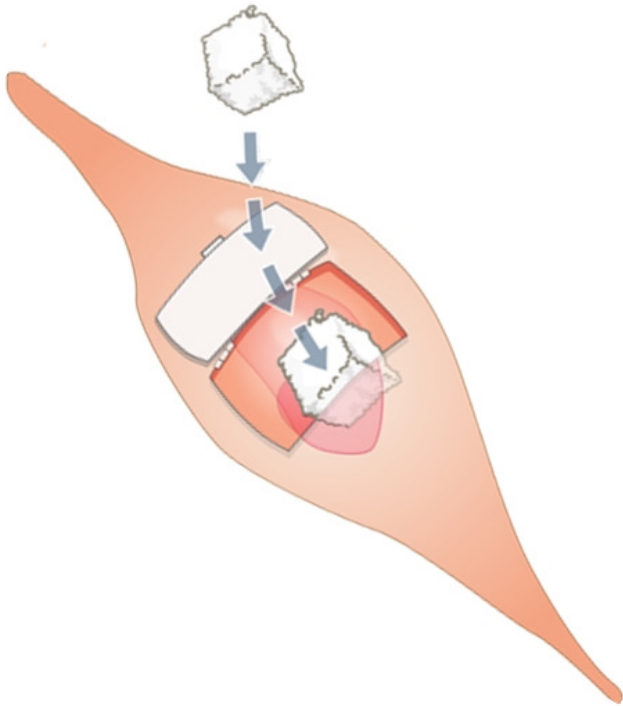


Sugar in your muscles





## Sugar in food



Sugar goes into your cells

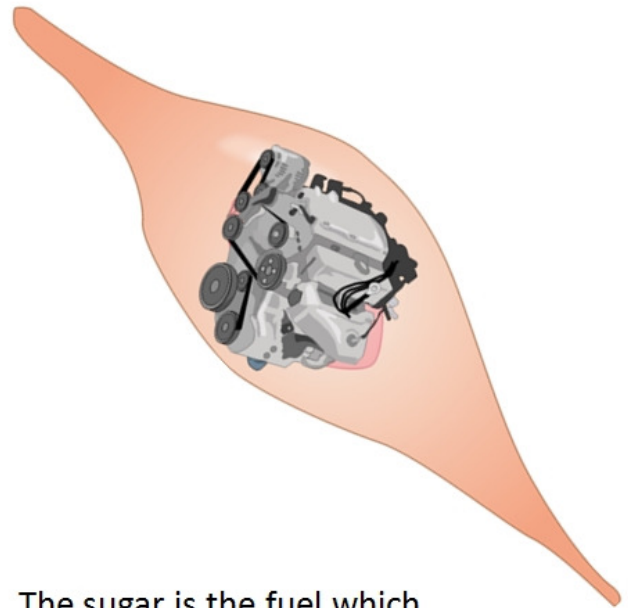
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## Sugar in food



The sugar is the fuel which  
makes your cells work

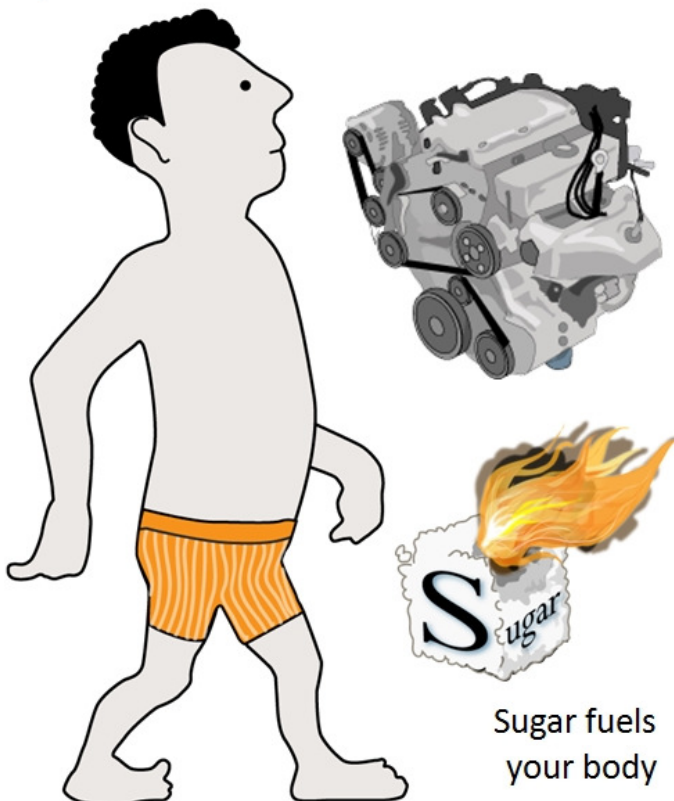
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## Sugar in food



Sugar fuels  
your body

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

## **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 :

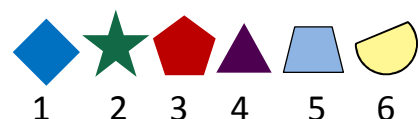
1. Sugar in food 
2. Insulin keys 
3. Insulin resistance 
4. No insulin keys (Type 1) 
5. Not enough insulin keys (Type 2) 

### **Notes:**

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

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Levels



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