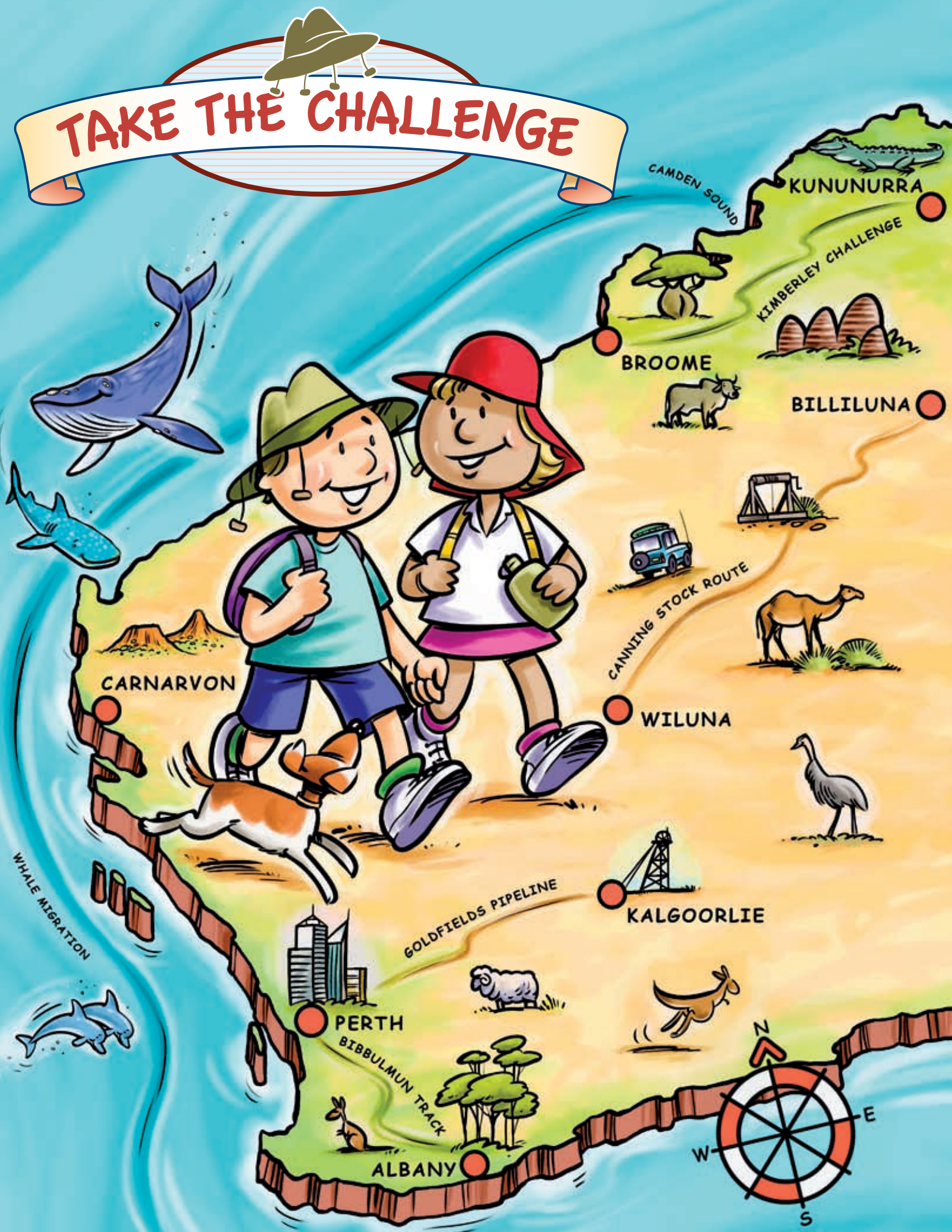


TAKE THE CHALLENGE



What is Type 2 diabetes?

bigbook



Acknowledgement

Flipchart concept and characters developed from work produced by the 2001 and 2002 upper primary school students, their teachers and Aboriginal support staff from Sacred Heart School, Beagle Bay, via Broome, WA.

Adapted from the original Canning Stock Route Challenge

"What is Type 2 diabetes?" flipchart, 2004.

Characters

Glucose: is the building block of "GO" foods. Glucose gives the body energy.

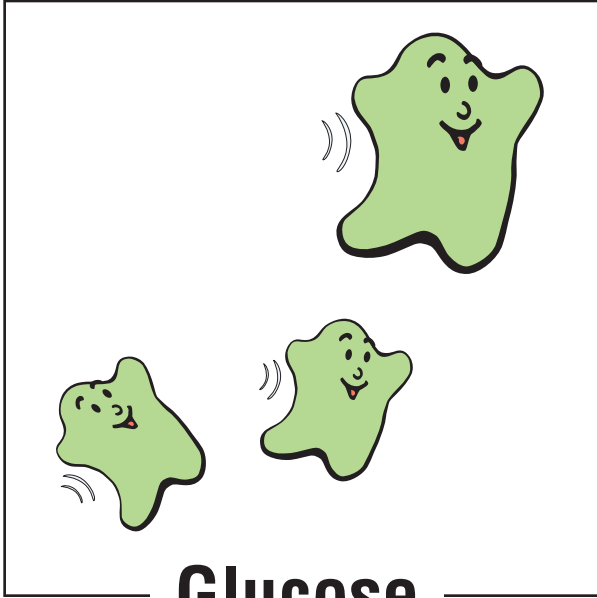
Insulin Man: uses his key to unlock the Cells for Glucose to go in.

Pancreas: is where Insulin Man lives. He only comes out when Glucose arrives.

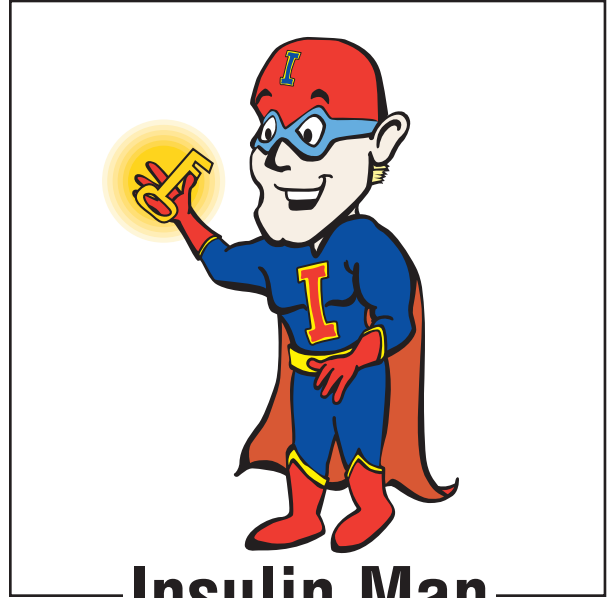
Cells: are building blocks in the body.

Blood: is a river that flows around the body. It carries Glucose from the tummy and Insulin Man from the Pancreas to the cells.

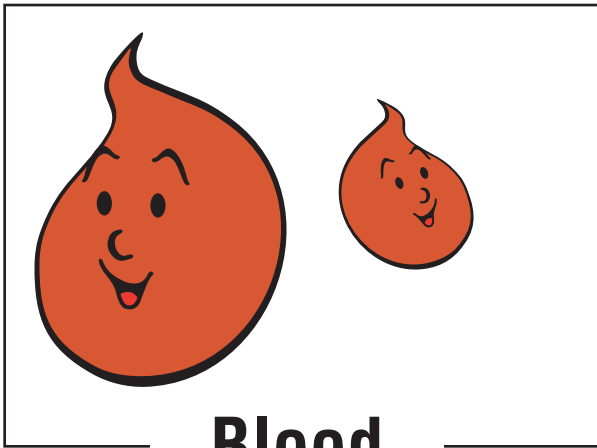
Fat Cells: are cells that grow from eating too much and not being active.



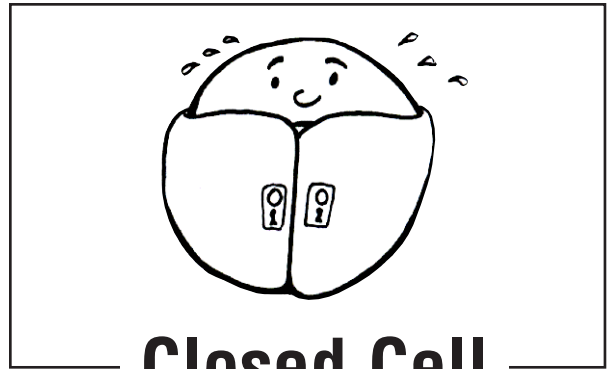
Glucose



Insulin Man



Blood



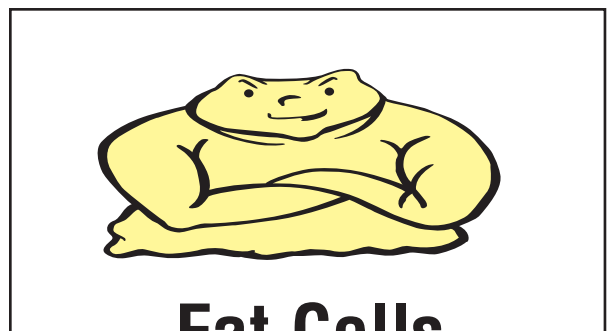
Closed Cell



Open Cell

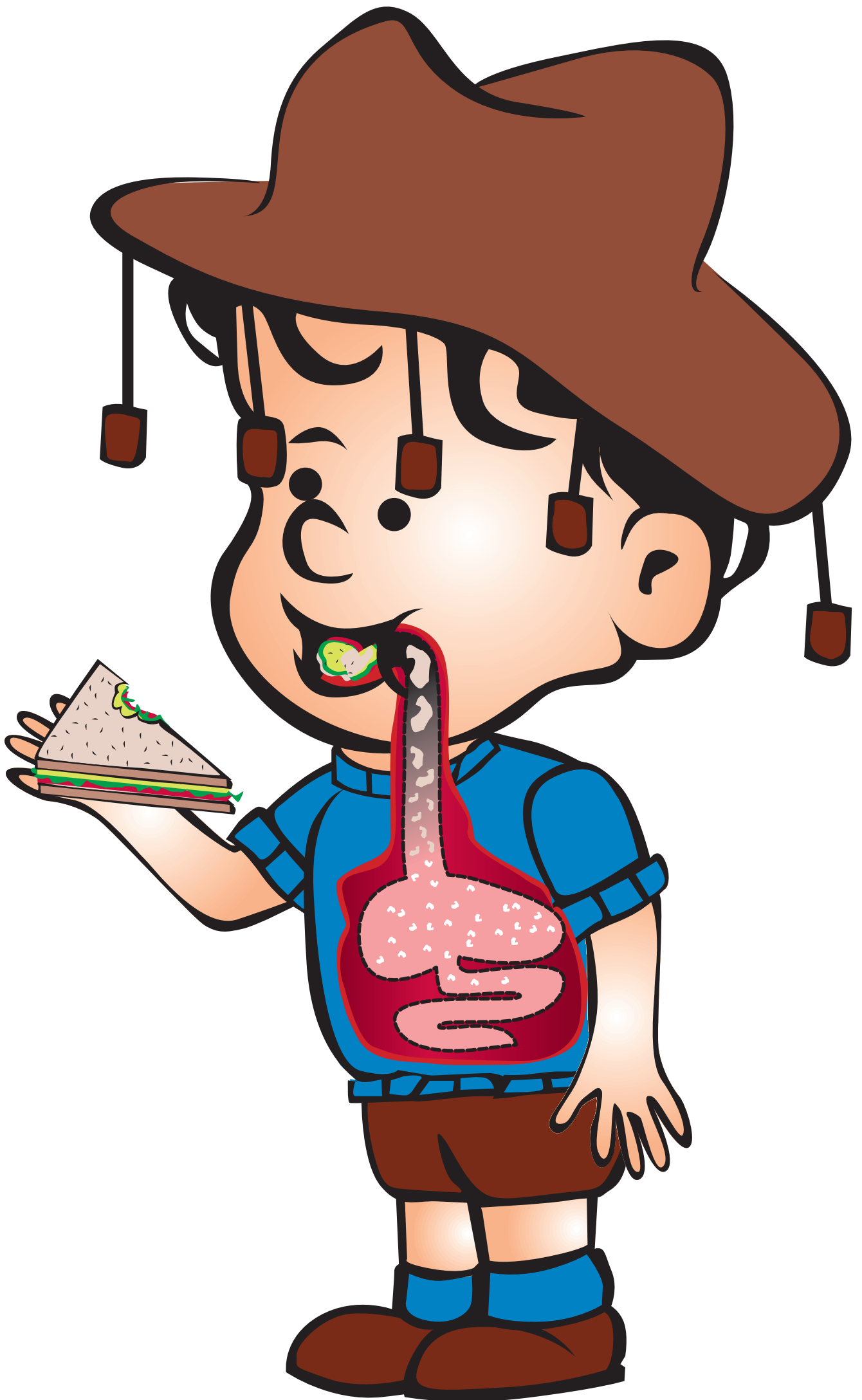


Pancreas

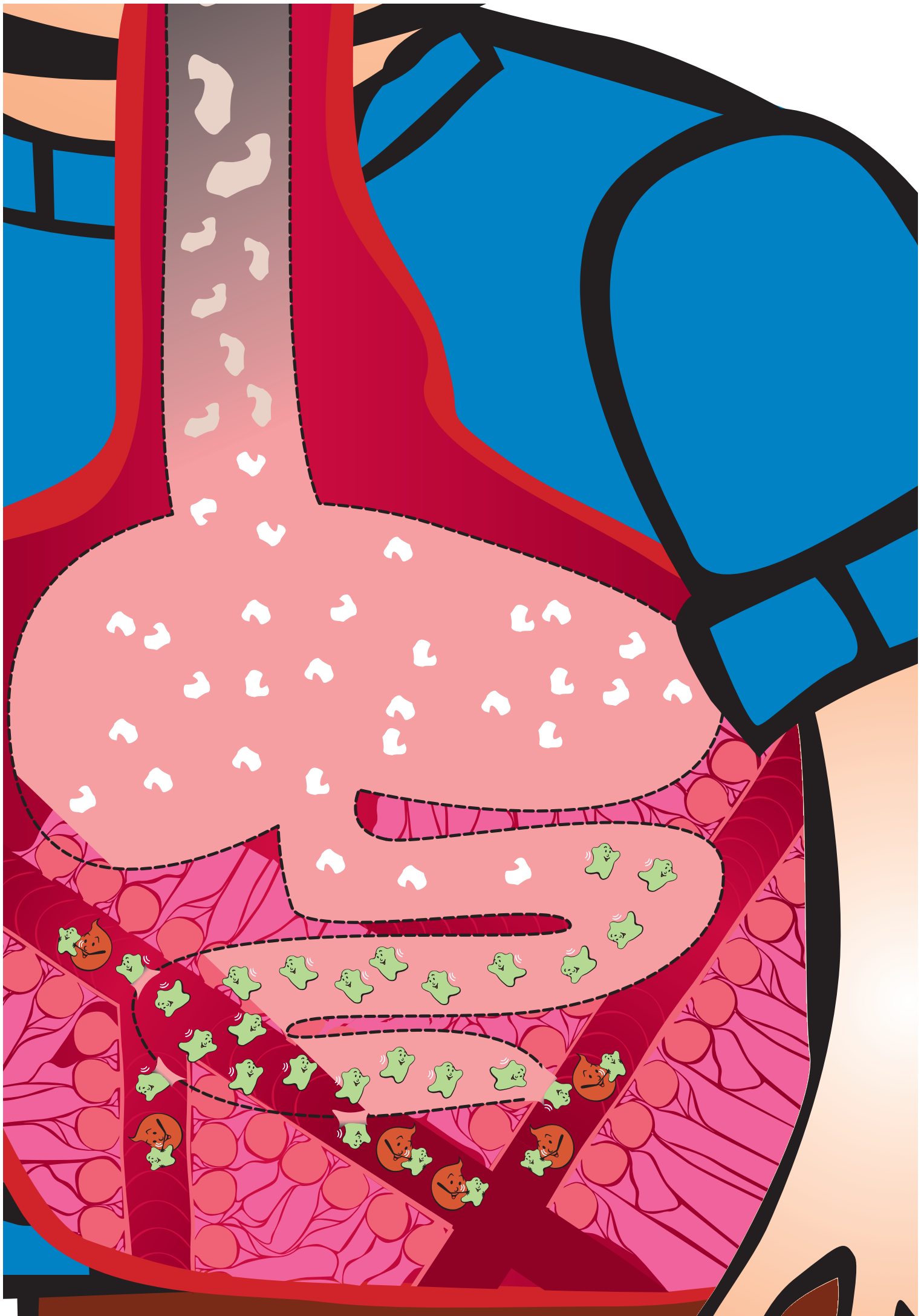


Fat Cells

Boy eating a salad sandwich, a "Go" food.

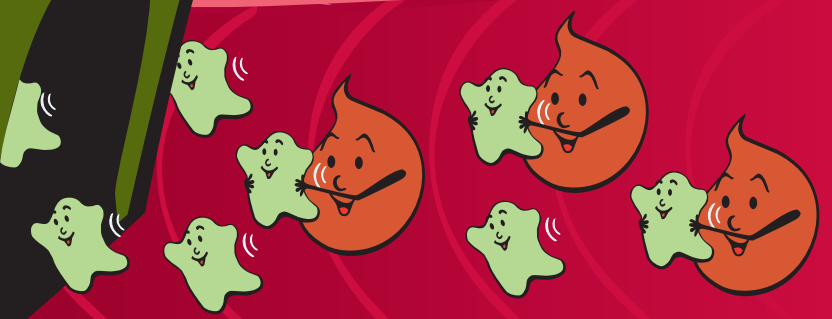
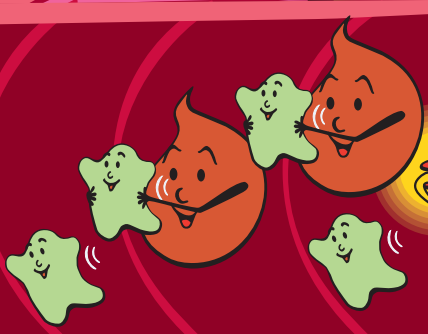


The sandwich is broken down in the tummy into Glucose. Glucose is so small it can move around in the blood.

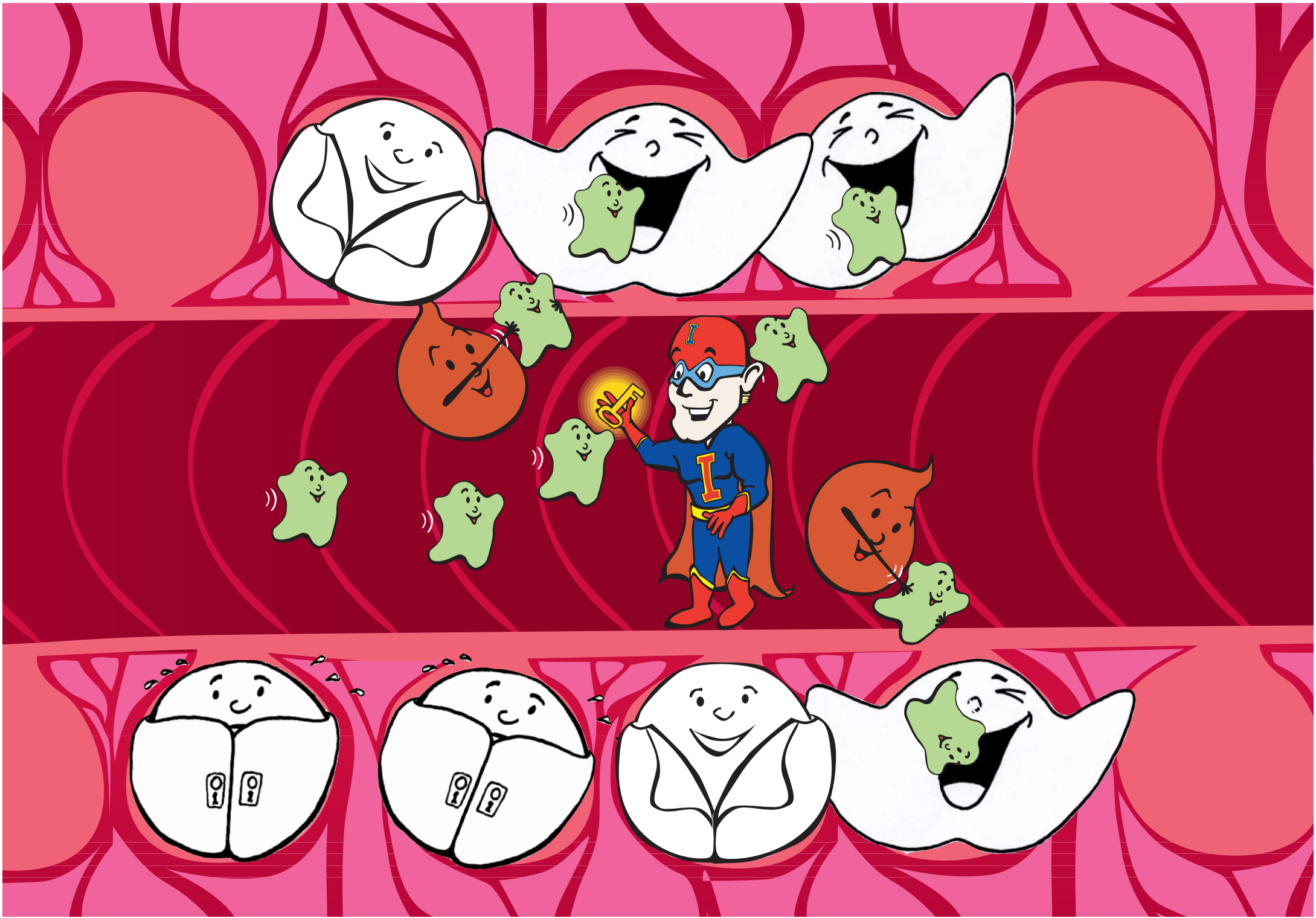


Blood carries Glucose to Pancreas. When Glucose gets to Pancreas, Insulin
Man comes out to work.

Pancreas

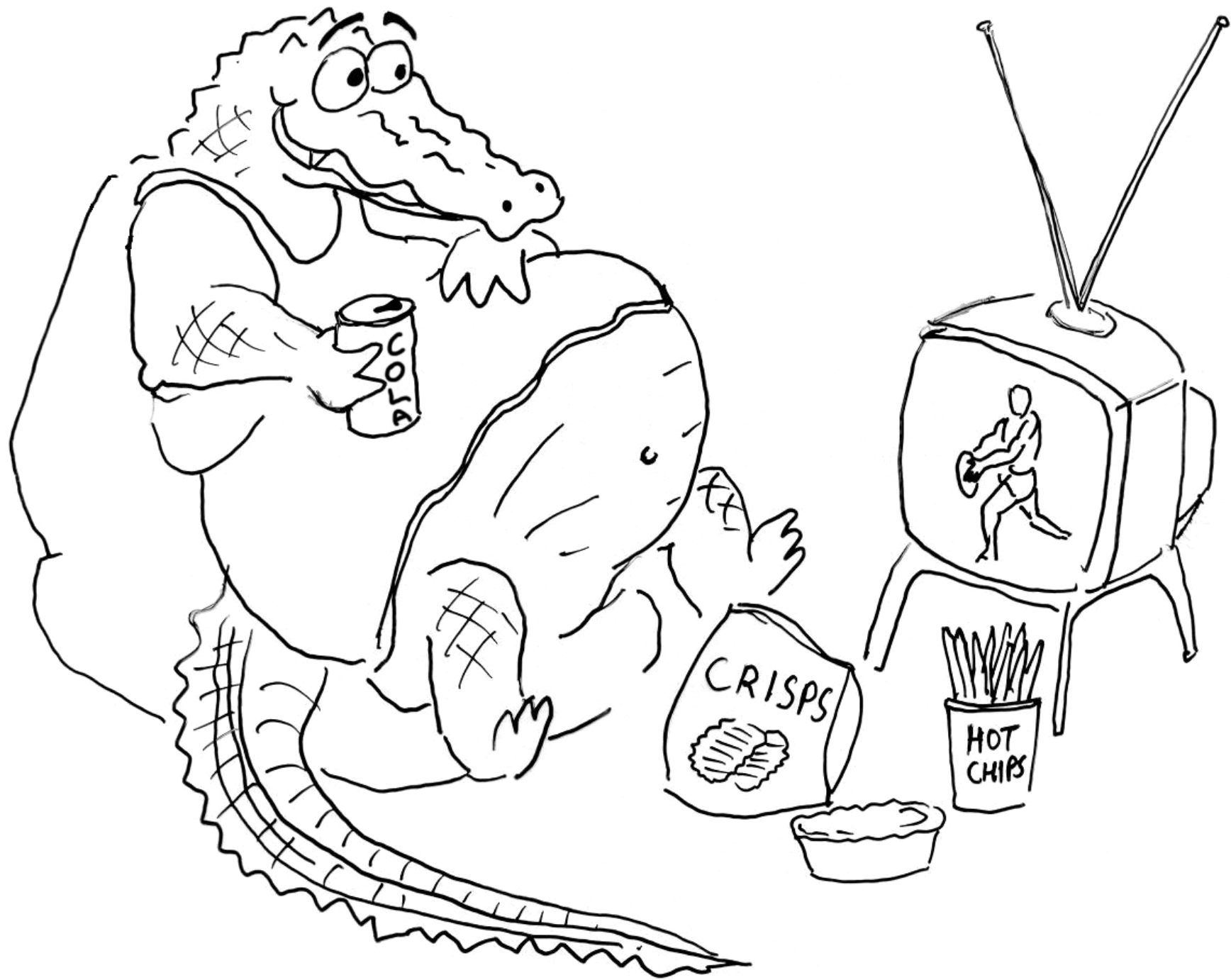


When Insulin Man and Glucose go to Cells that need energy, Insulin Man unlocks the Cells with his key to let Glucose go into them.



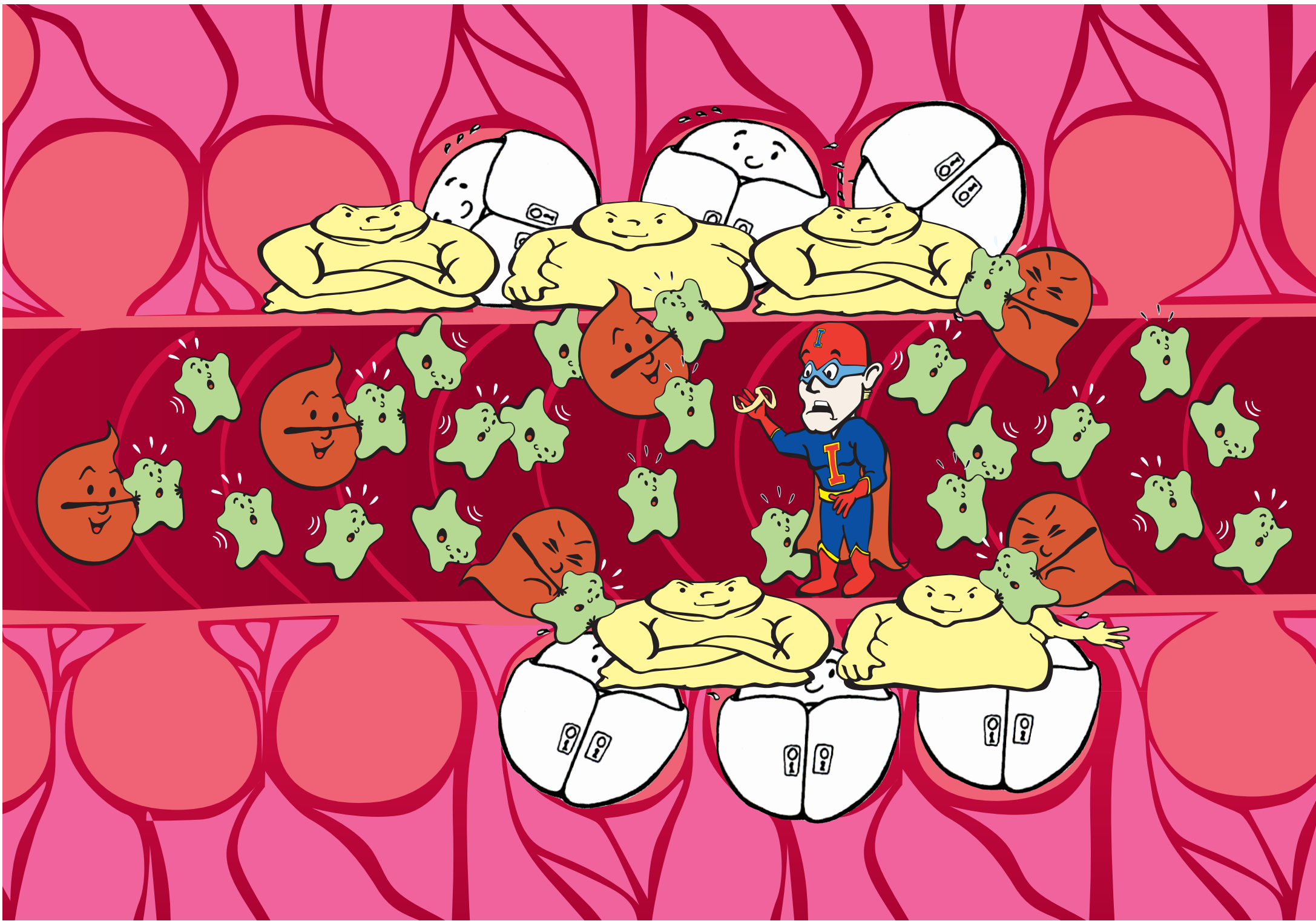
Croc is getting fat because he watches too much TV and eats too much unhealthy food.

Croc could get type 2 diabetes.



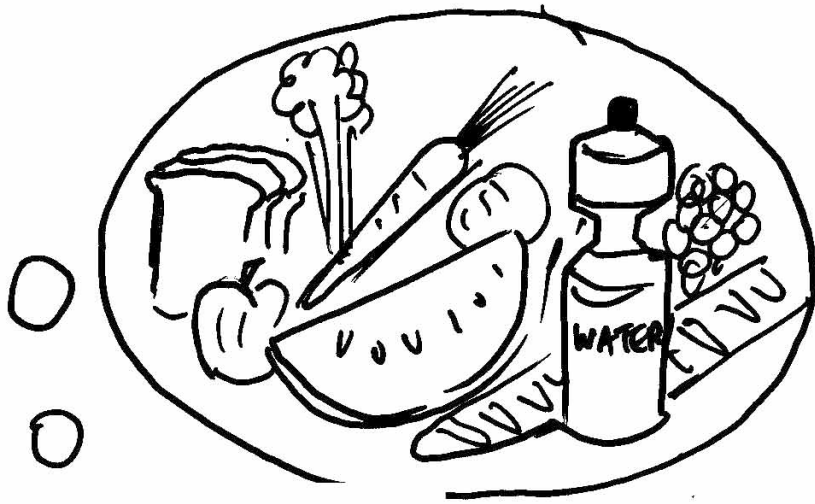
Type 2 diabetes can occur when Fat Cells grow too big. If this happens, Insulin Man is stopped from doing his job properly and Glucose stays in the Blood.

Type 2 diabetes used to be called "Sugar Sickness".

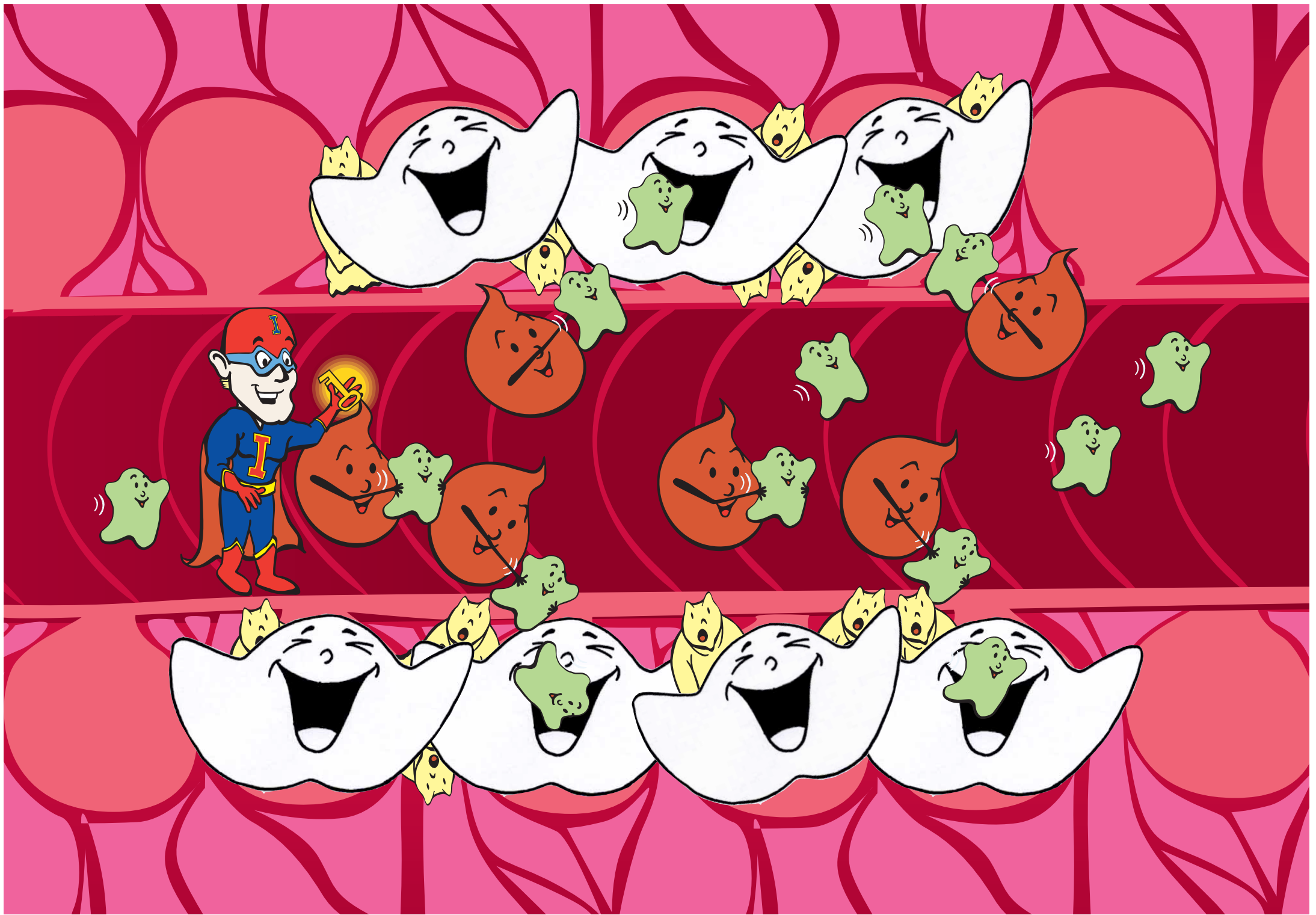


Fit, energetic Croc being active, eating the right food and drinking plenty of water.

Croc can beat type 2 diabetes.



When Croc gets regular physical activity and eats healthy food, his Fat Cells get smaller. Insulin Man is happy because he can now do his job properly.



Acknowledgements

2002 Townies versus Bushies Cricket Match organisers
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