

Diabetes Lapbook



Designed for 3rd-8th Grades



L-DIAB

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Diabetes Lapbook
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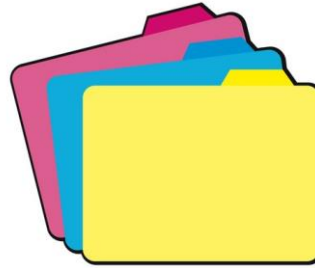
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Special thanks to Amy Moses, M.S.Ed. She is the author of the Study Guide that is included in this product. The Study Guide is being used with her permission and is now owned by Knowledge Box Central.

How do I get started?

First, you will want to gather your supplies.



*** Assembly:

***Folders:** We use colored file folders, which can be found at Walmart, Sam's, Office Depot, Costco, etc. You will need between 1 and 4 file folders, depending on which product you have purchased. You may use manila folders if you prefer, but we have found that children respond better with the brightly colored folders. Don't worry about the tabs...they aren't important. Within this product, you will be given easy, step-by-step instructions for how to fold and assemble these folders. *If you prefer, you can purchase the assembled lapbook bases from our website.*

***Glue:** For the folder assembly, we use hot glue. For booklet assembly, we use glue sticks and sometimes hot glue, depending on the specific booklet. We have found that bottle glue stays wet for too long, so it's not a great choice for lapbooking. For gluing the folders together, we suggest using hot glue, but **ONLY** with adult supervision. These things get **SUPER** hot, and can cause **SEVERE** burns within seconds.



***Other Supplies:** Of course, you will need scissors. Many booklets require additional supplies. Some of these include metal brad fasteners, paper clips, ribbon, yarn, staples, hole puncher, etc.



You may want to add decorations of your own, including stickers, buttons, coloring pages, cut-out clipart, etc. Sometimes, we even use scrapbooking supplies. The most important thing is to use your imagination! Make it your own!!



Ok. I've gathered the supplies. Now how do I use this product?

Inside, you will find several sections. They are as follows:

1. **Layout and Pictures:** This section gives instructions and diagrams that will tell the student exactly how to assemble the lapbook base and where to glue each booklet into the base. Depending on the student's age, he or she may need assistance with this process, especially if you choose to allow the student to use hot glue.

2. **Student Instruction Guide:** This section is written directly to the student, in language that he or she can understand. However, depending on the age of the child, there may be some parent/teacher assistance needed. This section will also tell the student exactly what should be written inside each booklet as he or she comes to it during the study.

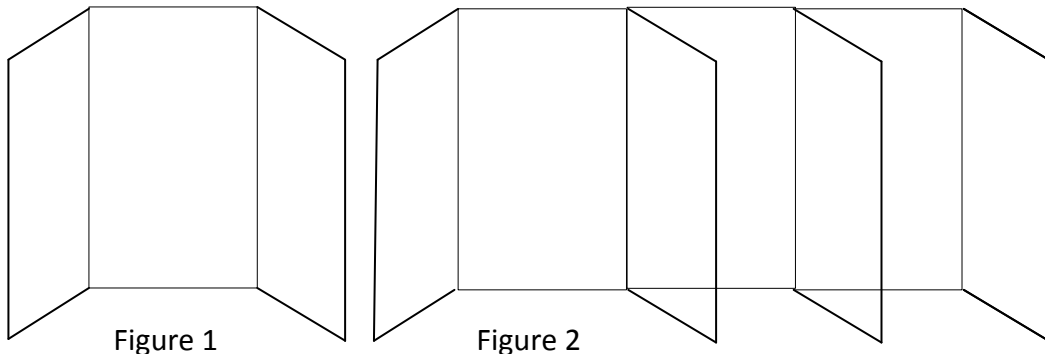
3. **Booklet Templates:** This section includes ALL of the templates for the booklets. These have been printed on colors that will help to improve retention of the information presented, according to scientific research on color psychology.

4. **Teacher's/Study Guide:** This section includes a Study Guide that can be used to teach this subject. It includes all information for completing the booklets in this lapbook.

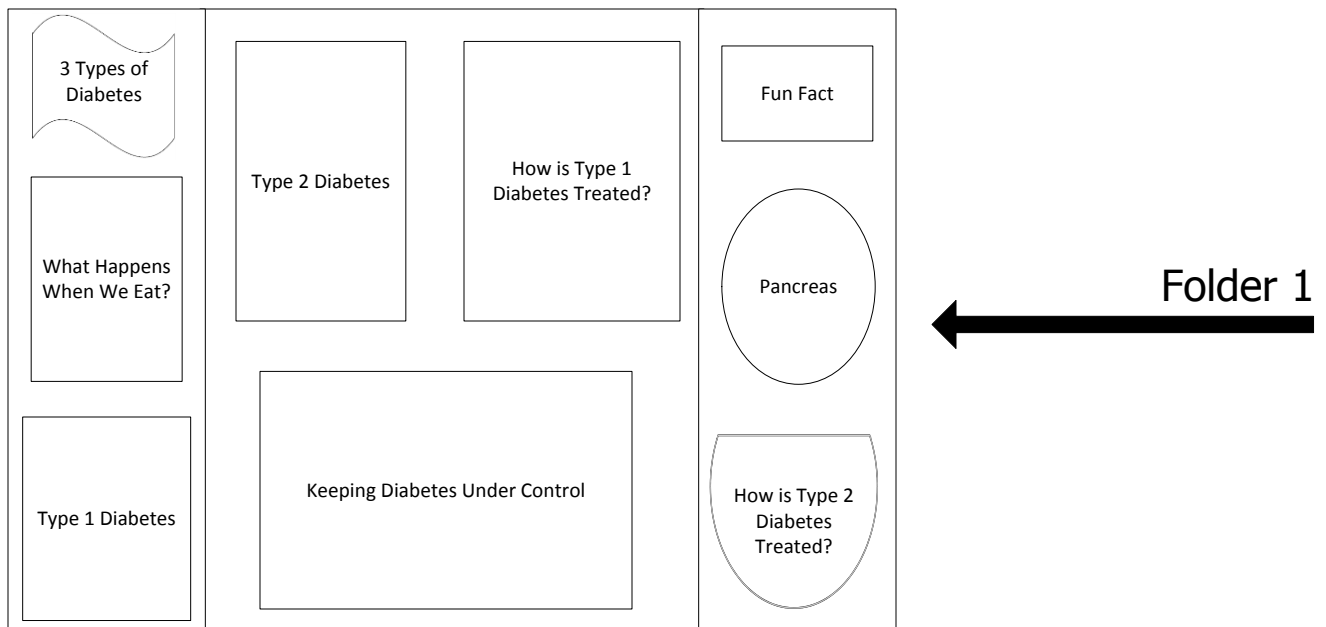
Diabetes Lapbook

Layout & Pictures

You will need 3 folders of any color. For each folder, you will fold both sides toward the original middle fold and make firm creases on these folds (Figure 1). Then glue the folders together along one flap (Figure 2).



This is the "Layout" for your lapbook. The shapes are not exact on the layout, but you will get the idea of where each booklet should go inside your lapbook.



Folder 2



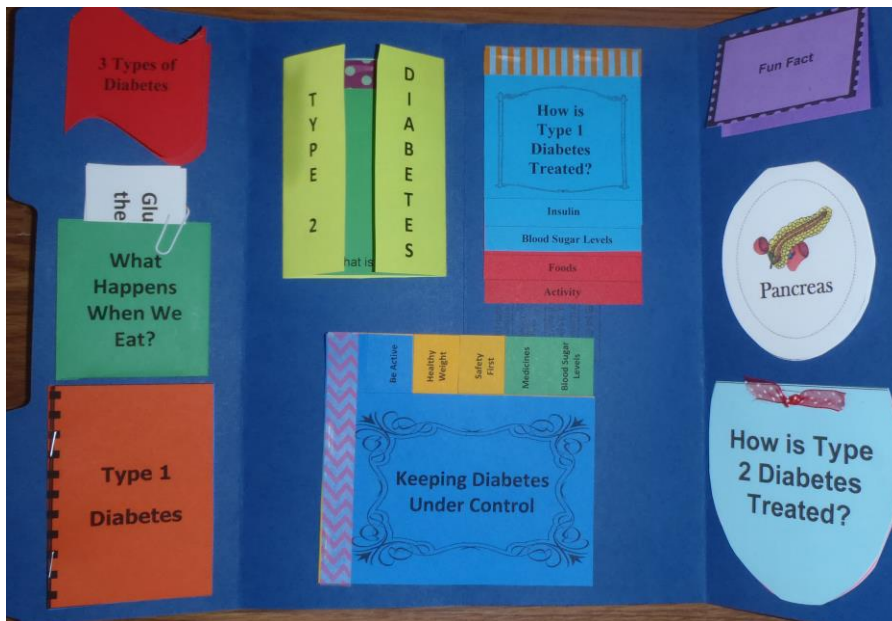
Feelings & Emotions	Fun Fact	True or False? All people with diabetes take insulin.	Vocabulary
Making Healthy Food Choices	True or False? Eating too much sugar causes diabetes.	True or False? Kids with diabetes can never eat sweets.	
	True or False? Kids with diabetes can exercise		

True or False? You can't catch diabetes from another person.	Crossword Puzzle	Fun Fact
True or False? Kids can outgrow diabetes.		I know someone with diabetes.
Fun Fact		

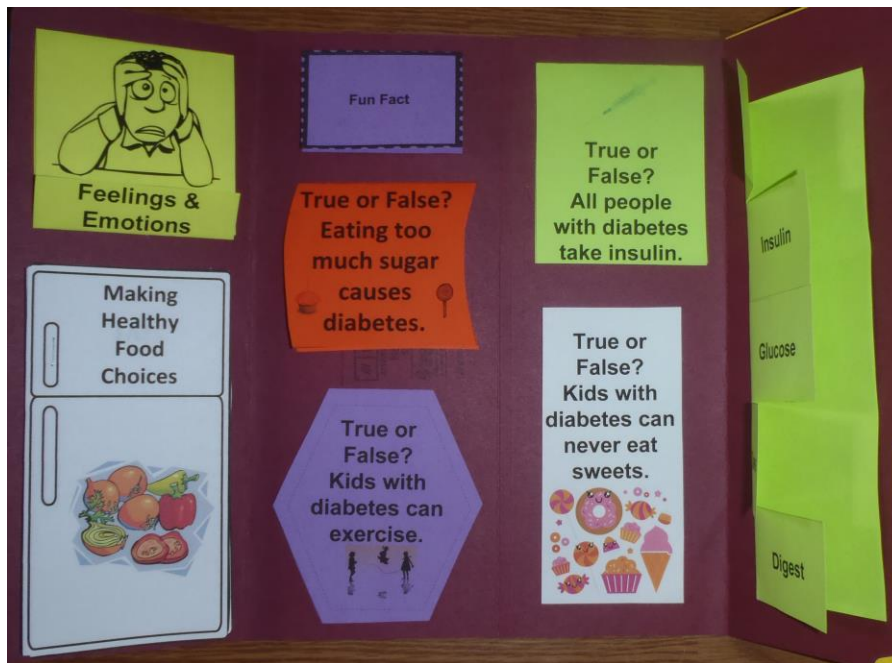
Folder 3



Below is a picture of a completed lapbook!!! This should help in figuring out how to assemble the booklets and then how to put them all together!



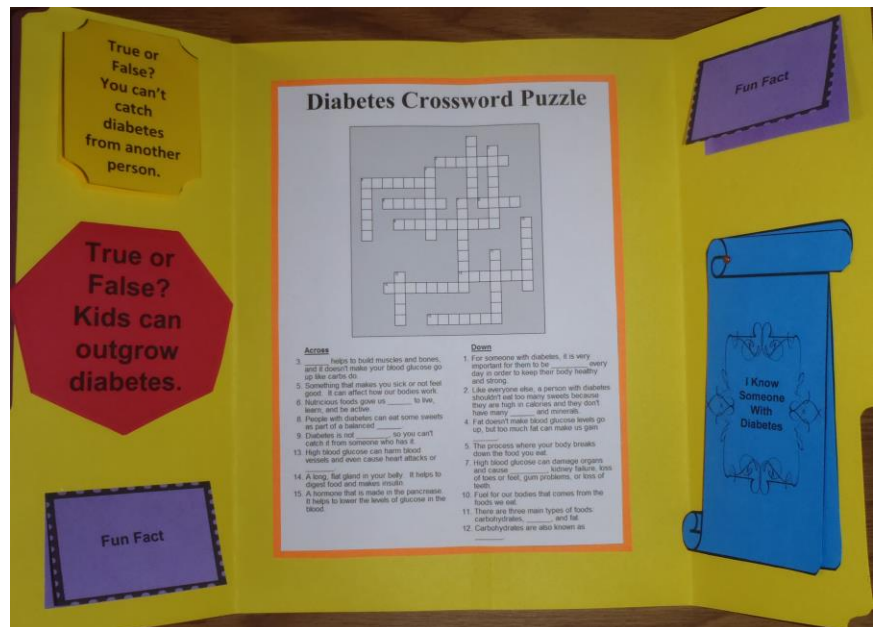
← Folder 1



Folder 2



Folder 3



Diabetes Crossword Puzzle



Across

3. _____ helps to build muscles and bones, and it doesn't make your blood glucose go up like carbs do.
5. Something that makes you sick or not feel good. It can affect how our bodies work.
6. Nutritious foods give us _____ to live, learn, and be active.
8. People with diabetes can eat some sweets as part of a balanced _____.
9. Diabetes is not _____, so you can't catch it from someone who has it.
13. High blood glucose can harm blood vessels and even cause heart attacks or strokes.
14. A long, flat gland in your belly. It helps to digest food and makes insulin.
15. A hormone that is made in the pancreas. It helps to lower the levels of glucose in the blood.

Down

1. For someone with diabetes, it is very important for them to be _____ every day in order to have their body healthy and strong.
2. Like everyone else, a person with diabetes shouldn't eat too many sweets because they are high in calories and they don't have many _____ and minerals.
4. Fat doesn't make blood glucose levels go up, but too much fat can make us gain _____.
5. The process where your body breaks down the food you eat.
7. High blood glucose can damage organs and cause _____, kidney failure, loss of toes or feet, gum problems, or loss of teeth.
10. Fuel for our bodies that comes from the foods we eat.
11. There are three main types of foods: carbohydrates, _____, and fat.
12. Carbohydrates are also known as _____.

Fun Fact

I Know Someone With Diabetes

Diabetes Lapbook

Student Instruction Guide

Booklet 1: What Happens When We Eat?

Assembly Instructions: Cut out along the outer black line edges of the pocket and the sentence cards. Fold the pocket in the center so that the title is on the front. Fold the tabs toward the back, and glue. Cut out along the black line edges of the sentence cards. Place the sentence cards inside the pocket, and secure with a paperclip when not in use.

Completion Instructions: On each sentence card is a step for what happens when we eat. See if you can put them in order.

****PLACE in Folder #1 (see layout).**

Booklet 2: Three Types of Diabetes

Assembly Instructions: Cut out along the outer black line edges of the booklet. Fold along the center line so that the title is on the front.

Completion Instructions: During your study, you learned that there are 3 different types of diabetes. List them inside this booklet.

****PLACE in Folder #1 (see layout).**

Booklet 3: Type 1 Diabetes

Assembly Instructions: Cut out along the outer black line edges of booklet and the extra pages. Fold the booklet so that the title is on the front. Stack the pages inside. Secure along the left side with staples.

Completion Instructions: Inside this booklet, tell what Type 1 Diabetes is, its causes, and its symptoms.

****PLACE in Folder #1 (see layout).**

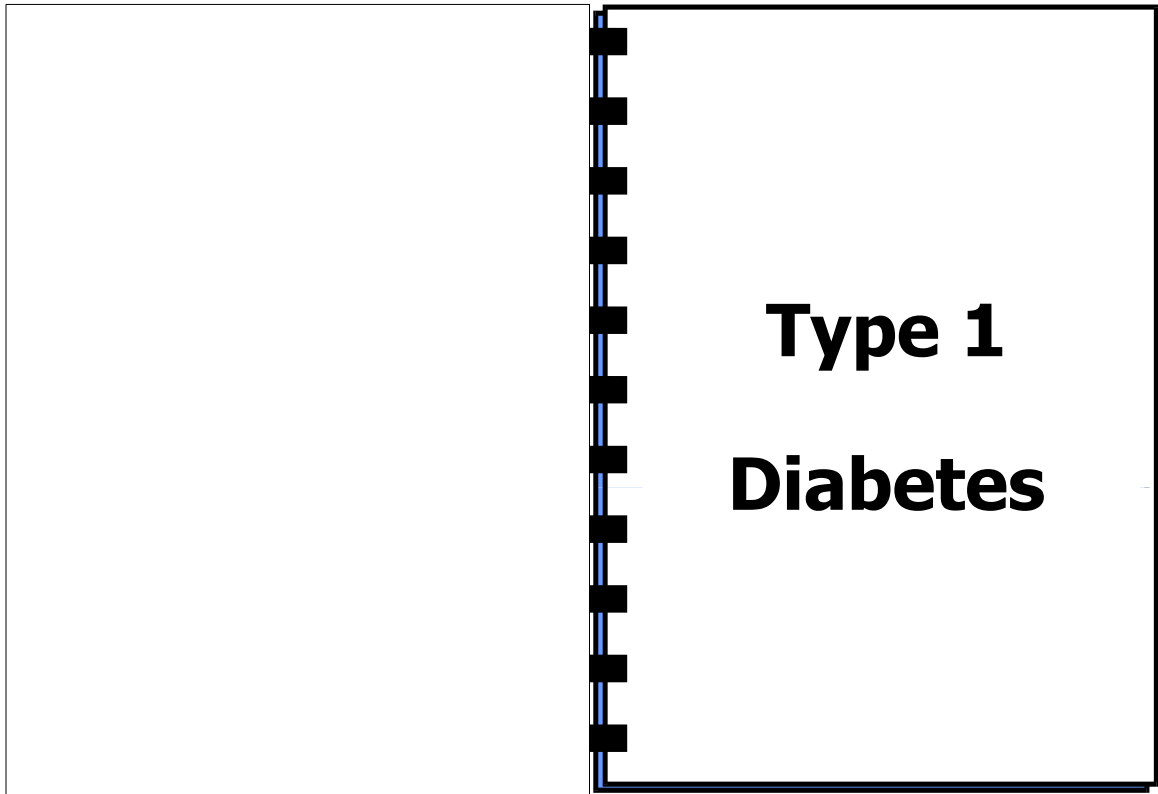
**What
Happens
When We
Eat?**

**Insulin helps the
glucose get into
your body's cells.**

**Glucose gets into
the bloodstream.**

**Your body gets
the energy it
needs.**

**Your pancreas
produces insulin.**



What is it?

Causes?

Symptoms?

Diabetes: What is it?

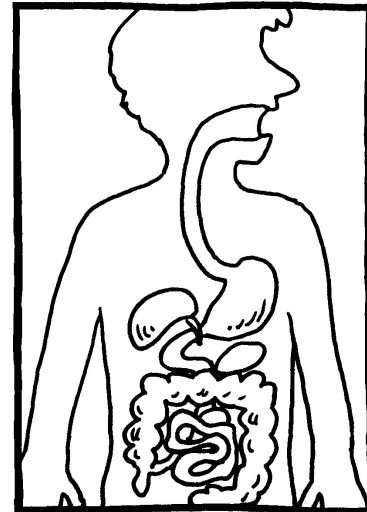
What is Diabetes?

Have you ever heard of something called diabetes? Maybe, you know someone with diabetes? Diabetes is a health problem that can affect people of all ages. But, it's not something you can catch, like the flu. There are different types of diabetes, and sometimes it can be prevented.

Diabetes is a disease. But, what's a disease? A disease is something that can make you sick, or not feel good. It can affect how our bodies work. Diabetes affects the way the body functions. Just like a car or train, our bodies need fuel. Instead of gasoline, our bodies use glucose (say: **gloo**-kose) for fuel. When you have diabetes, it changes how your body uses glucose. Glucose comes from the foods we eat. Just like a car needs gasoline, our bodies need glucose to keep running. Insulin is a hormone that is made in the pancreas, and it helps to lower the levels of glucose in the blood.

Here's how it should work when we eat:

- 1 You eat
- 2 Glucose (from the food you eat) gets into the bloodstream
- 3 Your pancreas produces a hormone called insulin
- 4 Insulin (say: in-suh-lin) helps the glucose get into your body's cells
- 5 Your body gets the energy it needs



Types of Diabetes

There are 3 types of diabetes: Type 1, Type 2, and Gestational. We're only going to learn about Type 1 and Type 2.

Gestational diabetes affects some women just when they're pregnant.

Doctors can say for sure if a person has diabetes by testing blood samples for glucose.

Type 1 Diabetes

What is Type 1 Diabetes?

If someone has diabetes, it means that their body either can't make insulin or the insulin doesn't work in the body like it should. The insulin doesn't unlock the cells to let the glucose in. If someone has type 1 diabetes, it means that their pancreas can't make insulin. The glucose doesn't get into their cells, and it builds up in their blood. This makes their blood sugar level very high and causes health problems.

Doctors and scientist don't know for sure what causes type 1 diabetes, but they think it has something to do with genes. Genes tell our body how it should look and work, and they're passed on to you by your parents. Just having the genes for diabetes doesn't mean that they have it. Something else has to happen, like getting a virus, for someone to develop type 1 diabetes. This type can't be prevented. No one knows who will get it and who won't.

What's a Pancreas?

The pancreas (say: **pan**-kree-us) is a long, flat gland (and an organ) in your belly. It helps your body to digest food. Digest means that your body is breaking down the food you eat. The pancreas is really important because it makes insulin.



Think of it this way: insulin is like a key that opens the doors to the cells in your body. It opens the door, and lets the glucose in. Once that happens, the glucose can move out of your blood and into the cells. Our cells need glucose...they need fuel to keep going!

The Pancreas

How does someone know if they have Type 1 Diabetes (Symptoms)?

When people first have type 1 diabetes, they usually:

- Urinate often. Their body is trying to get rid of the extra blood sugar by sending it out of the body.
- Drink a lot.
- Eat a lot. The body is hungry for the energy it can't get from sugar.
- Lose weight.
- Feel tired.