

HALLOWEEN WITH FRED

Activity booklet - First grade



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RESSOURCES
POUR LES
ENFANTS
DIABÉTIQUES

DT1 ???

Type 1 diabetes is an illness that occurs when the body cannot control its blood sugar level.

The body experiences discomforts such as hypoglycemia when the blood sugar is too low and hyperglycemia when it is too high.

These troubles are serious.
They can be harmful
if untreated.

To treat these discomforts,
one must have some sugar i
ntake if it is low or an insulin
injection if it is high.

'Type 1 diabetes is a serious illness that you cannot see. There is about one child out of 300 aged 5 to 18 years old, who received a Type 1 diabetes diagnosis in Canada.'

In the province of Quebec, more than 4000 children are type 1 diabetic, and this number increases every year.'

Daily routine



Getting 4-7
insulin shots
per day



Planning a
carbs intake
prior to each
activity



Checking blood
sugar about 4
times a day



DTI ???

Many symptoms can be related to type 1 diabetes. Can you connect each symptom with the right picture?

1 - Hypoglycemia symptoms



Increased thirst Frequent need to pee Fatigue Nausea Stomach aches

2- Hyperglycemia symptoms

Drowsiness

Sweating

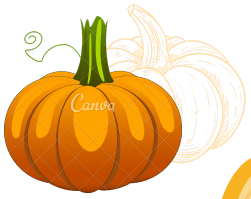
Getting suddenly pale, livid



Excessive hunger

Dizziness/feeling confused

Feeling moody



Carowanis ???

During their _____, _____ sleep on beds inside tents set up on _____ platforms. The camp borders Didi Lake, offering the possibility of practicing several _____ sports such as swimming, canoeing, kayaking, pedal boating and _____.

The animation team ensures that each _____ has an unforgettable stay in a _____ environment. Since most of the counsellors are former campers, their commitment, _____, and personal involvement ensure that the young campers return home with _____ examples of their elders living fully and serenely with their diabetes.

The camp's facilities include the Ross Pavilion, a spacious dining room with a _____ kitchen, the McGarry Recreation Cabin for indoor games, arts and crafts, singing, dancing and _____, and the fully equipped Belmonte Infirmary.

There are also several activities on the animation program, with dedicated areas, including archery, badminton, volleyball, _____, tennis, soccer, camping and forest survival skills, as well as cycling and canoe-camping excursions, offered to older groups.

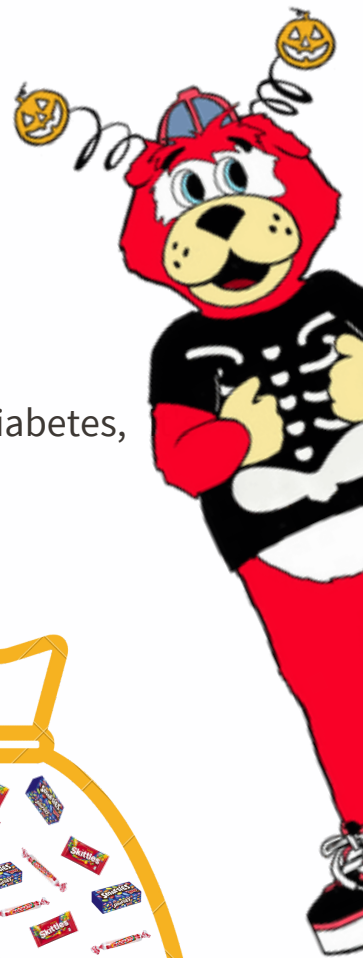


List of words:

Basketball
Paddleboarding
Dynamism
Healthy
Water
Camper
Theater performing
Modern
Stay
Tangible
Wooden
Campers



Solving problems



Here is Glucoman. He is Fred's mascot.

He enjoys helping children with diabetes. When you have diabetes, important to know how to count.

1. How many candies are there in each bag?



There are __ candies.



There are __ candies.



There are __ candies.



There are __ candies.



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2. Can you help Glucoman calculate how many carbs are there in each bag?



= 10 grams of carbohydrates



= 8 grams of carbohydrates



= 7 grams of carbohydrates



____ carbs



____ carbs



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_____ carbs



_____ carbs



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3. In each box of Smarties, there are 9 pieces of Smarties. Glucoman has 7 boxes of Smarties in his bag. How many pieces of Smarties, does he have?

Draw your answer :



Answer: _____pieces.



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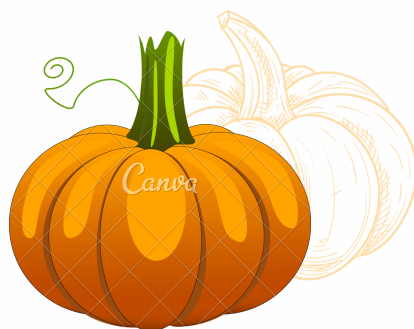
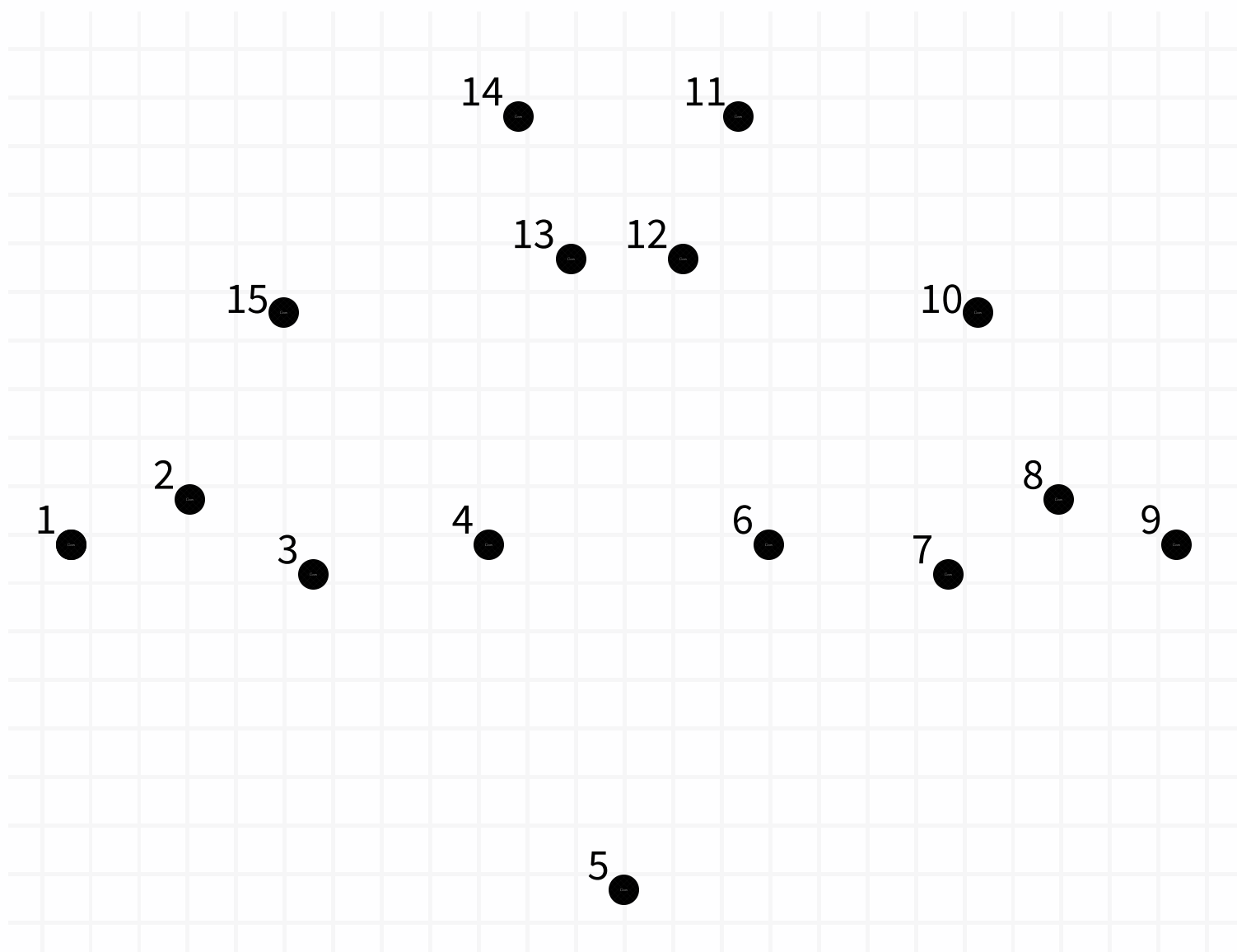




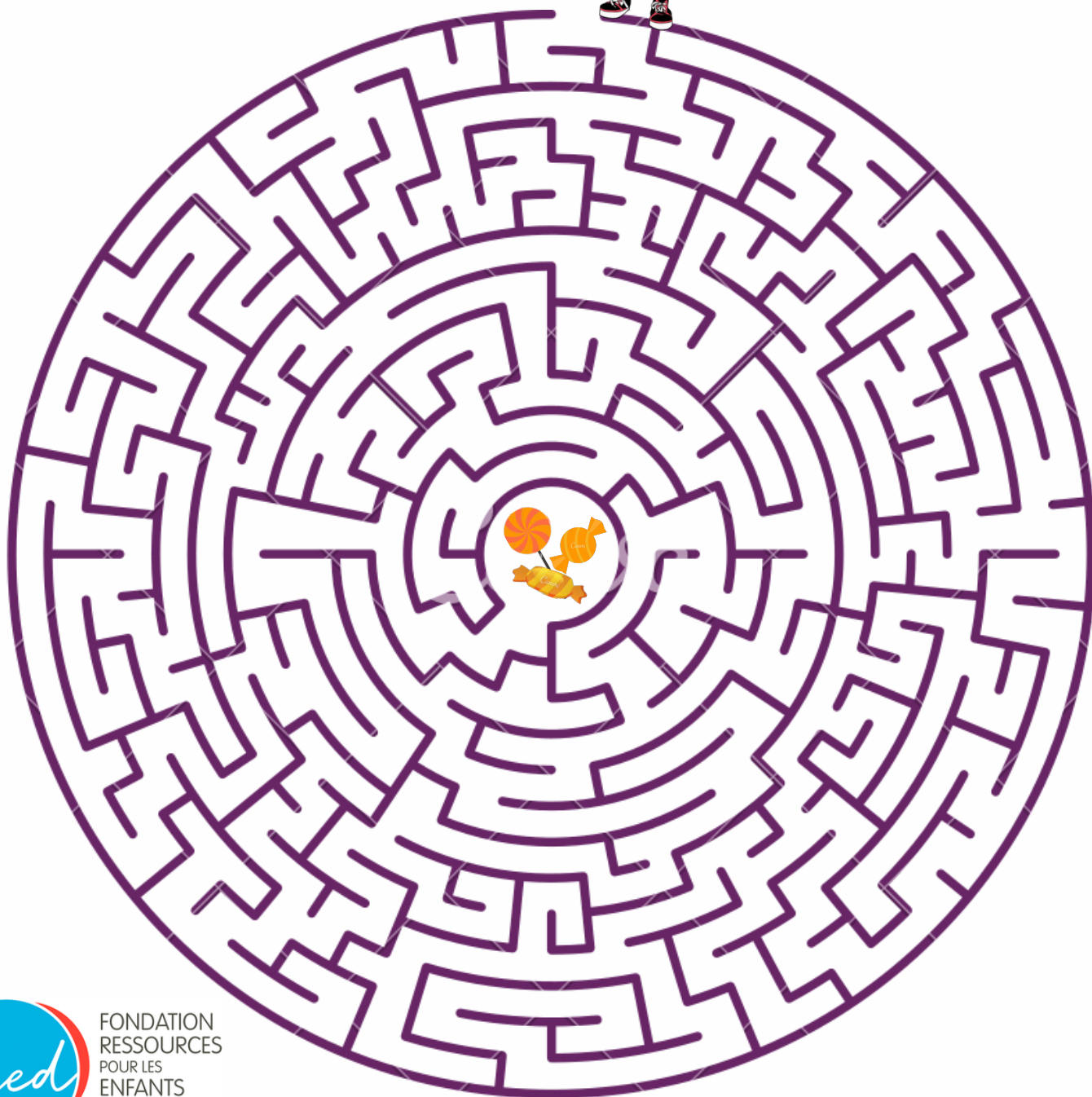
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Follow the dots and you will discover a beautiful drawing.



A bag full of candy is in the centre of the maze. Glucoman loves candy. Can you help him find his way towards the treasure?



Cooking with Glucoman

GHOST BANANAS

Servings: 4

Carbohydrates: 20 grams of carbs.

Ingredients:

2 bananas

½ cup of Greek yogurt with vanilla

Chocolate chips

Material:

Popsicle sticks.

Method:

- Peel and cut bananas in half
- Insert the Popsicle sticks into the bananas
- Place bananas in a container and freeze until solid (2 to 4 hours)
- Remove the bananas from the freezer and dip them in the Greek yogurt with vanilla
- Add chocolate chips for eyes and mouth
- Put the bananas back in the freezer to freeze (\pm 20 min)



Halloween is certainly one of the most popular holidays for all children, and this does not exclude children with type 1 diabetes. However, for children with type 1 diabetes, celebrating Halloween is more complicated and that's what we wanted to show in this activity booklet. Type 1 diabetes is a disease that is not well known, but that affects many of our children. This workbook combines our mission to educate about T1D with academic learning and, most importantly, the fun of playing with Fred.

This activity book would not have been possible without the participation of our wonderful collaborators.

We would like to extend our warmest thanks to :

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 - **Edith Hakimian** for the texts
- Team **Fred**

