

# HALLOWEEN WITH FRED

Activity booklet - First grade



FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

# DTI ? ? ?

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 intake 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.'**

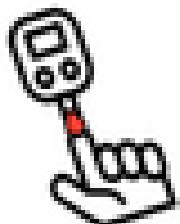
## Daily routine



Getting 4-7 insulin shots per day



Planning a carbs intake prior to each activity



Checking blood sugar about 4 times a day

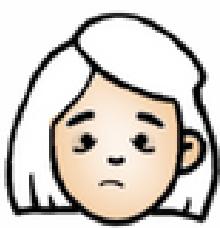


FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

# 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



FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES



# 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:

Campers

Wooden

Basketball

Paddleboarding

Dynamism

Healthy

Tangible

Water

Stay

Camper

Modern

Theater performing



FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

# Solving problems

Here is Glucoman. He is Fred's mascot.

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

1. How many candies are there in each bag?



There are \_\_ candies.



There are \_\_ candies.

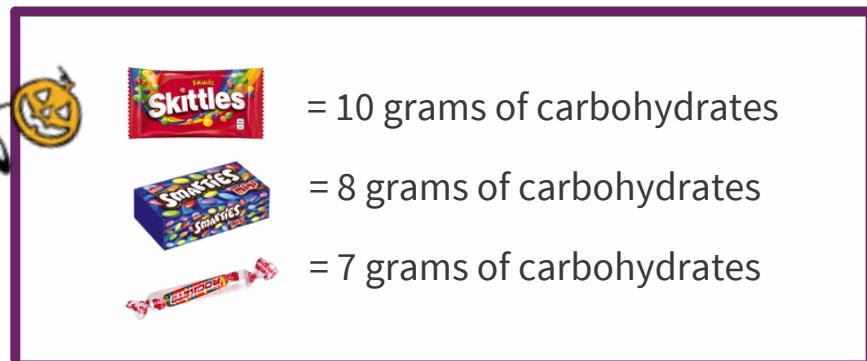


There are \_\_ candies.



There are \_\_ candies.

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



FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES



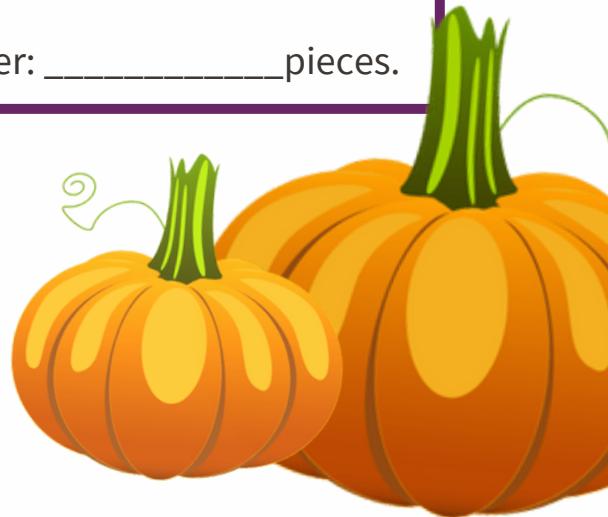


3. In each box of Smarties, there are 9 pieces of Smarties. Glucoman has 7 boxes of Smarties in his bag. How many pieces of Smarties, does he have?

Draw your answer :



Answer: \_\_\_\_\_ pieces.



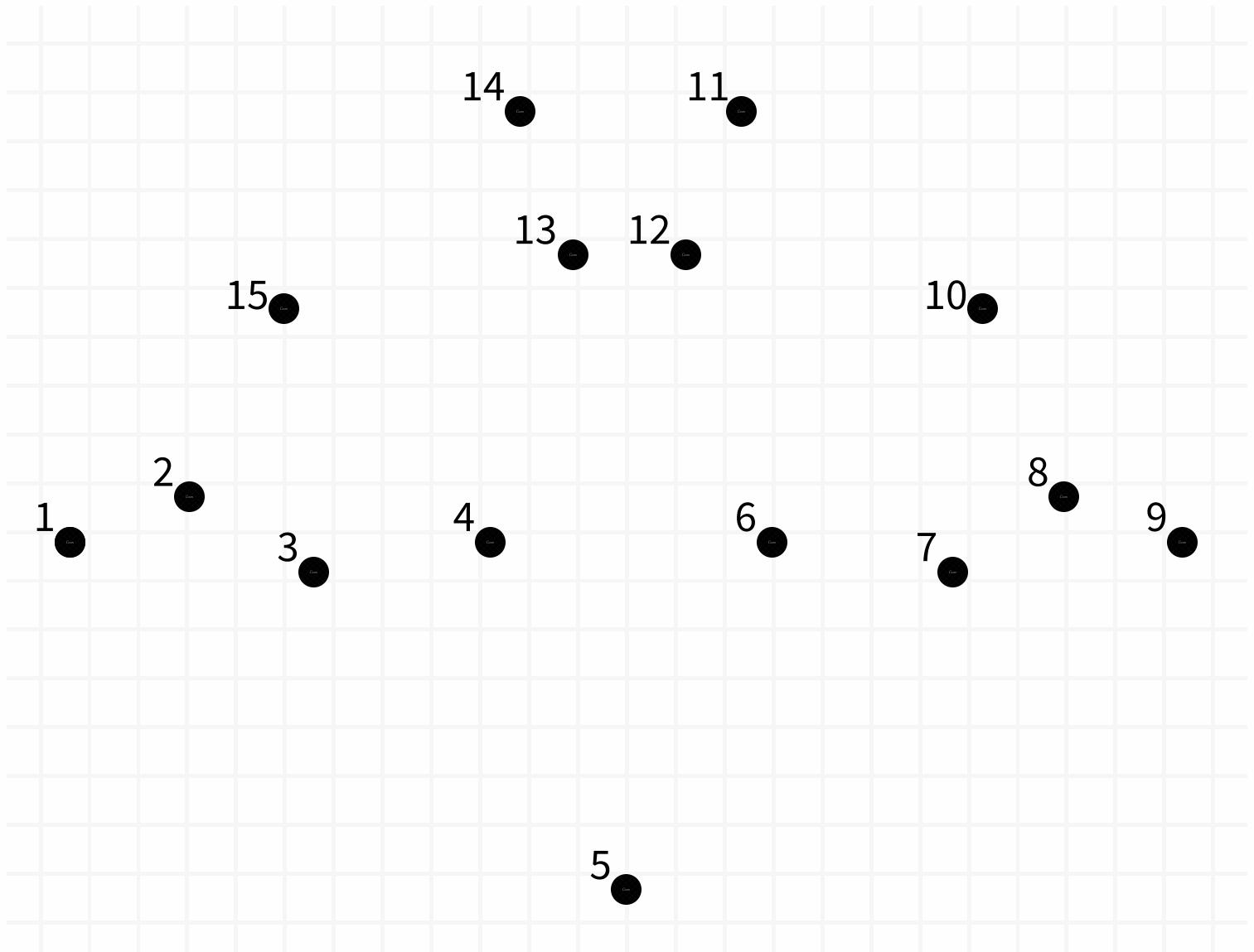


FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

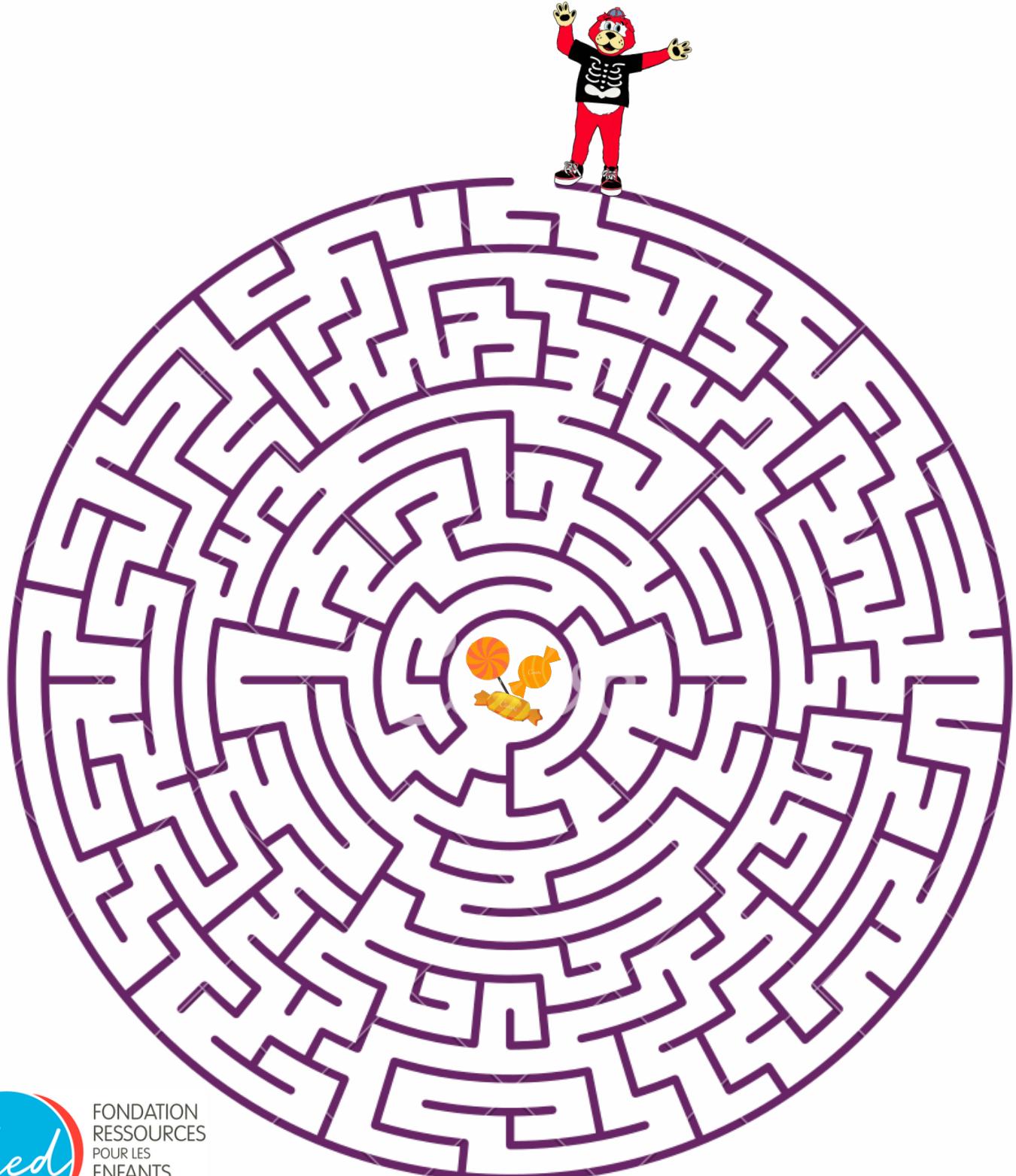


FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

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?



FONDATION  
RESSOURCES  
POUR LES  
ENFANTS  
DIABÉTIQUES

# Cooking with Glucoman

## HOST BANANAS

Servings: 4

Carbohydrates: 20 grams of carbs.

### Ingredients:

2 bananas

1/2 cup of Greek yogourt 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 :

- **Marie-Pier Dagenais**, Teacher at École L'Odyssée, who created all the math exercises
- **Pamela Nakouzi**, Nutritionist at the Ste-Justine Diabetes Clinic and Certified Diabetes Educator, who shared with us the recipe for ghost bananas
- **Véronique Richer** for the beautiful and playful illustrations
- **Amélie Gauthier** for making the booklet
- **Edith Hakimian** for the texts

- Team Fred

