

HALLOWEEN WITH FRED

Activity booklet - Grade 3



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



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

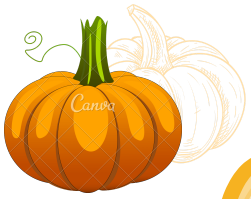
Getting suddenly pale, livid



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.



Bunch of words:

Campers

Wooden

Dynamism

Tangible

Stay

Modern

Basketball

Paddleboarding

Healthy

Water

Camper

Theater performing



Solving problems



Here is Glucoman. He is Fred's mascot.

He enjoys helping children with diabetes.

1. 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

Bag number 1: 50 packages of Skittles, 43 boxes of Smarties, and 42 rolls of Rockets.

_____ carbs



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

Bag number 2:

42 packages of Skittles, 28 boxes of Smarties, and 53 rolls of Rockets.

_____ carbs

Bag number 3:

15 packages of Skittles, 64 boxes of Smarties, and 82 rolls of Rockets.

_____ carbs

Bag number 4:

66 packages of Skittles, 44 boxes of Smarties, and 55 rolls of Rockets.

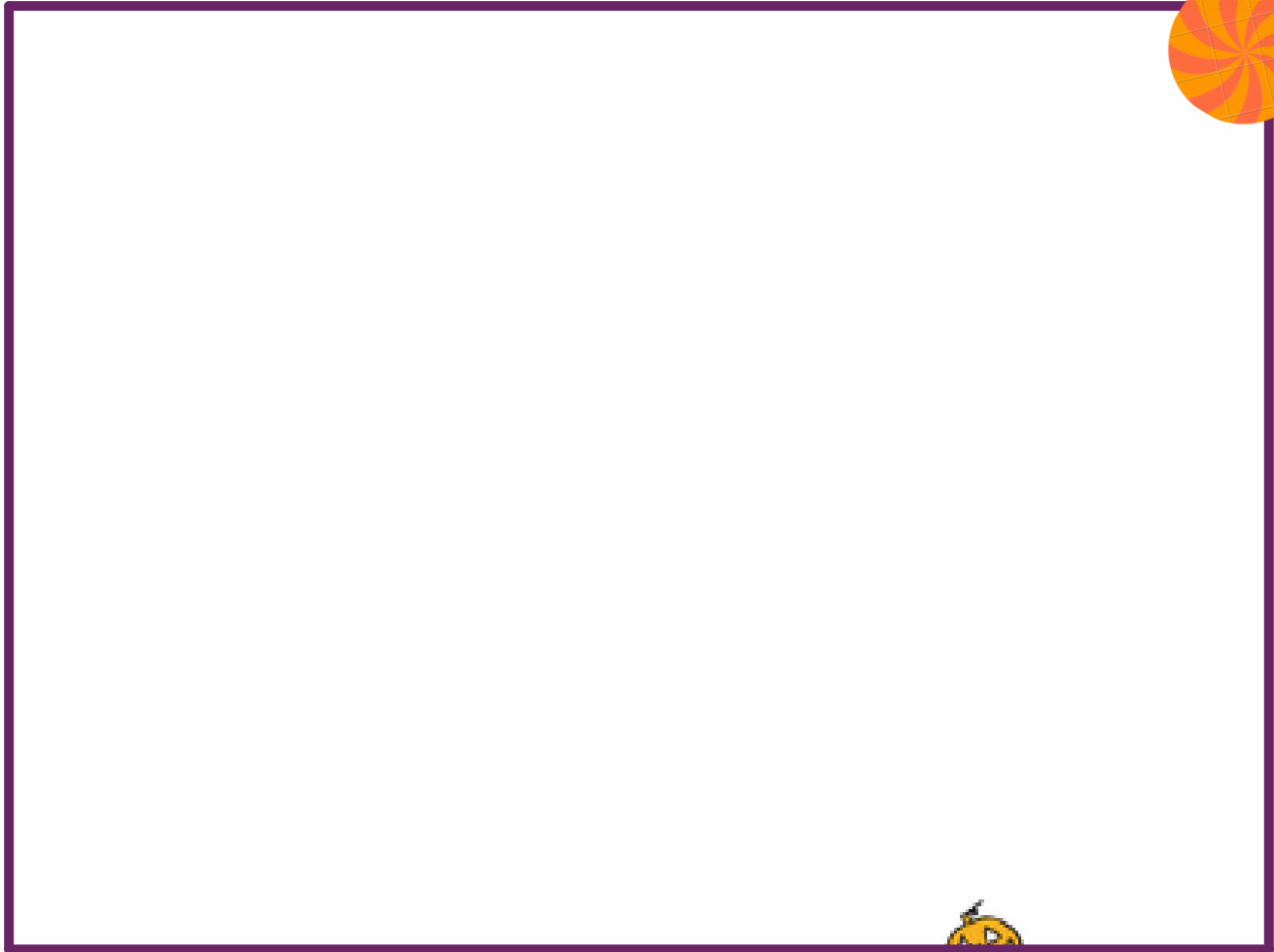
_____ carbs



2. Your school's principal wants to prepare candy bags for Halloween's costume contest.

She buys 182 bags of Skittles, 224 boxes of Smarties, and 256 rolls of Rockets. She wants to prepare 8 bags for the big winners.

How many candies of each type should she put in each bag?



Answer: In each bag, there are _____ bags of Skittles, _____ boxes of Smarties, and _____ rolls of Rockets.



3. On Halloween's evening, Melissa has walked a distance of 3.5 km. Her friend Louis has walked twice as many. Louis' brother has walked 1.5 km more.

How many km did they walk in all on the evening of Halloween?

Answer: There are _____ kilometers.

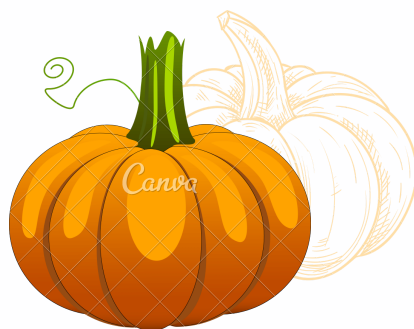
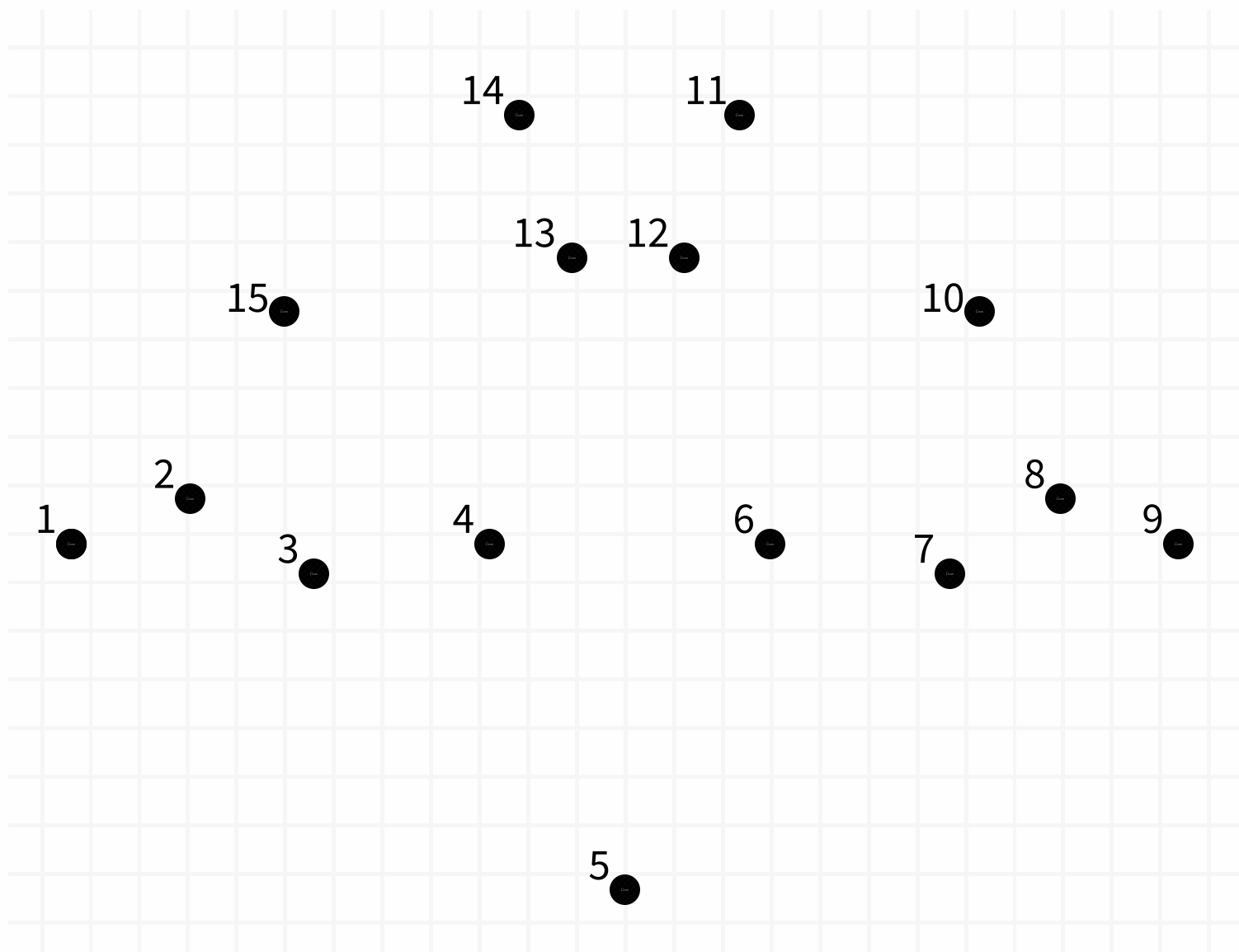




FONDATION
RESSOURCES
POUR LES
ENFANTS
DIABÉTIQUES



Follow the dots and you will discover a nice drawing.







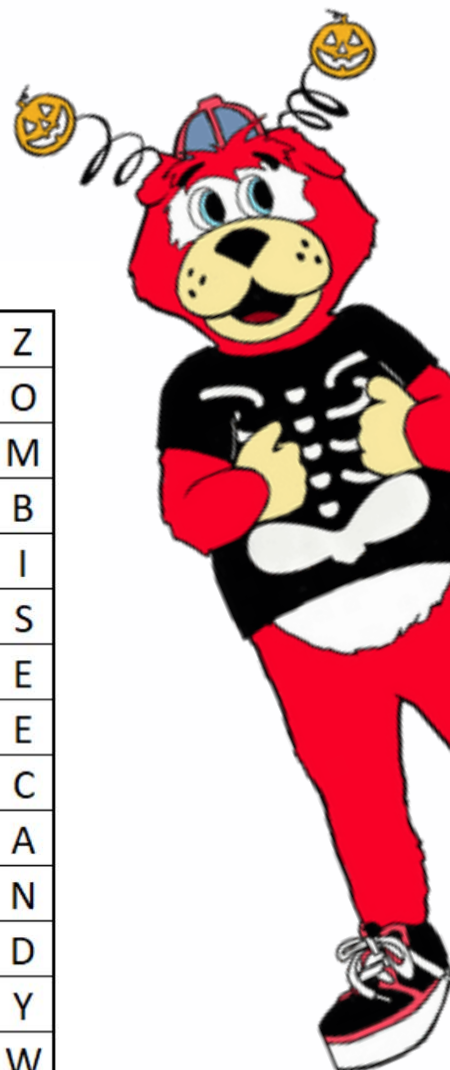
A bag full of candy is in the centre of the maze. Glucoman loves candy. Can you help him find his way towards the treasure?



Hidden words

Find the words in the grid.

H	A	S	K	U	L	L	A	F	T	P	P	S	E	Z
S	Y	E	H	R	E	H	T	O	M	R	P	I	T	O
D	E	T	S	A	D		H	H	A	A	E	N	S	M
N	R	A	T	P	T	I	U	L	S	S	L	A	A	B
E	A	R	E	H	I	N	S	L	K	T	L	W	T	I
I	C	D	S	M	G	D	Y	G	S	A	E	O	O	S
R	S	Y	W	E	A	I	E	M	U	B	P	R	S	E
F	W	H	R	M	I	G	N	R	M	I	S	A	E	E
C	A	O	C	O	S	T	U	M	E	U	S	C	T	C
I	V	B	A	O	P	A	R	T	Y	H	M	E	E	A
N	P	R	R	N	D	I	V	A	A	F	C	N	B	N
E	I	A	E	C	I	G	A	M	M	E	R	T	A	D
V	R	C	T	S	O	H	G	A	B	S	R	E	I	Y
I	E	O	W	L	S	H	A	D	O	W		I	D	W
L		C	A	R	S	S	U	G	A	R		C	A	T



AERIA
BAG
BATS
CANDY
CARBOHYDRATES
CARE
CAROWANIS
CARS
CAT
CINE
COSTUME

DIABETES
DISGUISE
DIVA
EVIL
FALL
FRED
FRIENDS
GAME
GHOST
HAT
HUNGER
MAGIC
MASKS
MOON
MOTHER
MUMMY

NIGHT
OWL
PARTY
SCARE
SHADOW
SKULL
SMARTIES
SPELL
SPIDER
SUGAR
TASTE
TIP
TREATS
VAMPIRE
WITCH
ZOMBI

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 :

- **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**

