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WELCOME TO THE DIABETES MEDICINE BAG

This Diabetes Medicine Bag is full of fun ideas and activities to help you prevent type 2 diabetes in your community. It contains resources that focus on Aboriginal children ages 0-6 and their families. The Diabetes Medicine Bag was developed because diabetes affects one in every five Aboriginal adults. It is hoped that we can help prevent diabetes by promoting healthy, active living among young children and their families.

Type 2 diabetes is a lifelong condition related to lifestyle and family history. Many years ago, type 2 diabetes was seen only in adults. Now, children are developing type 2 diabetes. Diabetes has been declared a major public health issue and is epidemic among Aboriginal people and the elderly of all populations.

Traditionally, Aboriginal people ate food from the land and were very active in their daily chores. Now people tend to be less active and eat very different foods. Some people believe that this change of lifestyle has caused Aboriginal people to have a higher risk of getting type 2 diabetes.

The exact cause of type 2 diabetes is not known, but it is known that you can reduce your chance of developing it by staying active at all ages, all year long, and eating healthy foods from all four food groups. Eating healthy food and enjoying an active life are important ways to be healthy and strong!

Adults can be positive role models for children. Caregivers who are physically active and choose healthy foods provide children with a healthy attitude toward a happy and healthy life!

This project is led by the Manitoba Association of Community Health (MACH). MACH focuses on supporting initiatives that involve community health and development, and primary health care.

The project started in 1998 with the goal of increasing the number of resources for diabetes prevention that focus on Aboriginal children ages 0-6 and their families. The resources in the Diabetes Medicine Bag are based on the needs and ideas of Aboriginal communities and programs.



THE DIABETES MEDICINE BAG FOR CHILDREN AGES 0-6 WILL

USING THE RESOURCES

**Grandmother Puppet & Puppet Plays • We Are Healthy and Strong – Storybook
Diabetes Prevention Poster • Diabetes Medicine Bag Removable Tattoos
Northern Food Guide Card Game • Northern Activity Trail Board Game
Learn With Food & Fun Activity Booklet • Fun and Food – Diabetes Prevention Flipchart
Healthy Bites – A Cooking Kit for Children • 50 Fun Ideas for You and Your Family**

This user guide will give you some fun activity ideas to help you use the Diabetes Medicine Bag. It suggests ways to use each resource in the Bag.

The Diabetes Medicine Bag resources are intended to address the high rate of type 2 diabetes among Aboriginal people and to prevent or delay the onset of type 2 diabetes among children. The resources focus on promoting Aboriginal traditions, active living, and healthy food choices for Aboriginal children and their families.

Many of the resources can be used with other groups of people.

The following are some ideas of where you can use the Diabetes Medicine Bag:

- Children's programs
- Daycares, preschools, elementary schools
- Friendship centres, community centres
- Health centres, nursing stations, doctors' offices
- Cooking clubs, community kitchens
- School cafeterias
- Families, at home
- Outreach workers
- Sharing circles



HELP YOU PROMOTE HEALTHY LIVING IN YOUR COMMUNITY!

For more information about the Diabetes Medicine Bag or to order, find us online at www.diabetesmedicinebag.com or call us toll free at 1-888-532-6898.

GRANDMOTHER PUPPET & PUPPET PLAYS



Children can relate to a puppet, often better than they can relate to adults. Some people are shy about doing a puppet show, but after you have done it once, it comes more naturally. You do not need a stage or wall to hide behind, simply sit with the children and talk to them using the puppet as if she were real. For more tips on working with puppets see the Puppet Plays book.

FUN ACTIVITIES

Make your own script

Tell stories about the past: how people used to hunt, fish and gather their food and the types of activity that people used to enjoy. Talk about your favourite healthy snacks. Have the Grandmother ask the children what their favourite snacks are. Talk about things that will make the children healthy and strong and why this is important. Tell stories about why you don't want to get diabetes and the problems that come from diabetes.

Get children moving

Have Grandmother play active games with the children, like 'Simon Says'. Grandmother says... march on the spot... Grandmother says... do five jumping jacks... hop like a bunny!

Create your own puppets

Help the children make their own hand puppets using old mittens, paper gloves, and popsicle sticks. The children can have a play with Grandmother, using the home-made puppets as friends or grandchildren of Grandmother. Other family members or older school children can present puppet plays to younger children. Be sure the children include healthy eating and active living messages in their plays.

Mystery bag

Fill the blue Diabetes Medicine Bag with objects that make children think of healthy food and active living. This could be a skipping rope or plastic (healthy) food. Children can take turns pulling an item out of the bag and Grandmother can ask the children to do the activity, like skipping, or tell her if the food is healthy. Have Grandmother talk about why all the items help children to be healthy and strong.



WE ARE HEALTHY AND STRONG – STORYBOOK

The storybook was written by the well known author, Joe McLellan who has written 10 stories in the Aboriginal children's series Nanabosho. The storybook talks about nutrition for children and it touches on all four directions of the medicine wheel. It is very simple to read with beautiful, full colour pictures by artist, Sue Gordon. This storybook will give Aboriginal children a sense of pride in their culture and traditions.

FUN ACTIVITIES

Tell your own stories

Use the pictures in the storybook to tell stories about being healthy and strong. You can ask the children to tell their own stories and could invite an elder to read the storybook and tell his or her own story about what they did to be healthy and strong.

Personalize the story

When reading the storybook to children, use their names and change some of the activities to things that they enjoy. This will help children picture the story better. After reading the book, ask the children to show you how they do the activities mentioned in the story.

Ask questions

While reading the book, ask children to name their favourite foods and activities. If some of these are not 'healthy' foods or activities, ask them to think of other things they enjoy. Talk about how laughing keeps us healthy. Ask children what makes them laugh and how it makes them feel. Ask children about other activities that they enjoy and how it makes them feel. Talk about the importance of family, friends, grandparents and elders.

Set personal goals

What will you do to stay healthy and strong? After reading the storybook have children draw or write a story about what they will do to be healthy and strong.



DIABETES PREVENTION POSTER

This poster includes four photos (one of each food group) of very appealing, healthy foods. It has been said that people get hungry for healthy, fresh foods when they look at the poster. The physical activity message was also combined by including photos of Aboriginal people being active. This makes it more effective for educating about preventing diabetes.

FUN ACTIVITIES

Ask the children to try out some of the activities shown in the poster. During the year, try to do all of the activities in the poster (tobogganing, baseball, snowshoeing, drumming, dancing, family nature walk).

Find that food

Search for the foods that you ate for breakfast, lunch or supper in the pictures of food. Did you have food from at least three food groups at each meal? Ask the children to find a certain food from the pictures and identify which food group it belongs in.

Use the poster as part of a scavenger hunt

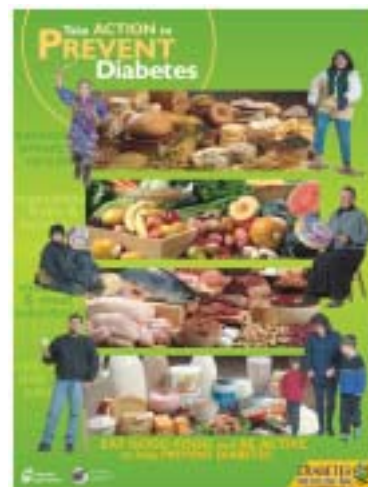
To organize a scavenger hunt, make a list of things that children have to gather, like a feather, black rock, piece of birch bark, signature of a teacher, the picture of bannock in the poster, etc. You can have the first person to get all of the items on the list as the winner or you could give a 'prize' of some healthy food to all the children who participate.

What food am I?

Play a guessing game with you or the children, taking turns, describing one of the foods on the poster (taste, feel, sound, etc.) and the other children try to guess what it is.

Make a riddle

Choose a food from the poster and think of two ways to describe it. Example: I'm crunchy and sometimes I'm sweet, sometimes I'm sour. What am I? ... an apple. Have children try to guess each other's riddle. Look for clues on the poster.



DIABETES MEDICINE BAG REMOVABLE TATTOOS

These tattoos can be provided to children as prizes for completing activities in the Medicine Bag or as fun reminders of the importance of being active and eating healthy foods.





NORTHERN FOOD GUIDE CARD GAME

This game is based on the Northern Food Guide, produced by The North West Company, since many communities prefer this version of the food guide. The Northern Food Guide reflects traditional foods such as berries, bannock, moose and fish. Each card contains a picture of a food with the corresponding colour of the food group. It is a good way to teach children about the food guide. The game includes 84 cards with game ideas and a copy of the Northern Food Guide.

FUN ACTIVITIES

What food am I? Stick a card onto each child's back and have them ask questions of the other children to try to decide what food is attached to their back. Have the children ask each other yes and no questions. For example: Am I a vegetable? Am I green? Am I crunchy?

Let's make a meal!

Put the cards face up and have each child make a meal by picking out cards from the pack. What can they add or take away to make it healthier? What is a healthy meal? You can also use the cards to teach meal planning to adult groups.

Trying new foods

Hold up each card in the deck, one at a time, and ask if anyone has tried that food. Ask those who have tried it if they liked it and how it tasted. Tape up the cards showing all the foods that the children have tried. Hold up the remaining cards each day until the group has tried each food in the deck.

Have a food tasting party

Choose a couple of cards each week and bring the foods in for the group to taste. You can also include other foods that they have not tasted before.

Learn how vegetables and fruits grow

Underground, on top of soil, on a bush, a tree, or on a vine? Talk about how foods are grown, picked, and brought to grocery stores where families buy them. In a talking circle, give each child a card from vegetables & fruits. Ask children how they think the food grows.

Make your own Northern Food Guide cards

Cut cards out of poster board. Highlight the top of the cards in yellow, green, blue and red. Have children cut and paste pictures from grocery store flyers or magazines onto the appropriate coloured cards. Use the cards for playing games and teaching about the importance of eating healthy foods from all the food groups every day.

Check out the 'Games Ideas' Cards

These include Go Fish For Healthy Foods, Memory Game, Matching Game, and Make Up Your Own Food Group Poster.



NORTHERN ACTIVITY TRAIL BOARD GAME

This is a simpler version of 'Snakes and Ladders.' The 'snakes' were left out to give a more positive message. This is a good way to teach children about the food guide because the squares are the same colours as the food groups. It can be used for more challenging games and activities as well.

FUN ACTIVITIES

Use the game board as an activity check-up

Put the game board up on the wall to check off the children's activities. Using coloured paper, cut out squares to fit over the ones on the activity trail. For each 10 minutes (or a time period you decide) of physical activity that the group does, cover a square of game board with one of the cut-out squares. Keep doing this every week until the last square is covered. As a reward, organize a special activity. Include a physical activity and then a healthy snack after. Activities could be an indoor volleyball game in the winter, a nature walk with Elders, an after-school soccer game.

Get moving!

Name an activity for every coloured square on the game board. For example: yellow could be fly like an eagle; green could be hop like a bunny; red could be move like a tree in the wind, and blue could be to dance a jig. Each child or group of children takes a turn rolling the dice and moving the game pieces. Have children perform the activity for the square they land on. You can also have them name a food from the food group belonging to the colour of the square. Ask the children to come up with activity ideas.

Make your own Northern Trail in the outdoors

Design your own trail with the children, using landmarks in the area. For example, use a special tree, a large rock, or a playground structure. Do an activity from landmark to landmark, for example; dance to the tree, hop to the rock, then skip to the play structure. As children go through the trail, you can call out actions such as: Show me how a snake would move. Can you jump as high as a deer? Can you fly like an eagle? You can also use chalk on the sidewalk or cement, or masking tape on a gym floor to make the trail. Try adding music for fun.

Make your own game board

Children can create their own game boards on paper. Draw a trail and paste pictures cut from magazines and grocery store flyers or draw pictures of activities and food on each square. Have children act out the activities on their sheets. Trade game boards between classmates or classes and play each other's games.



LEARN WITH FOOD & FUN ACTIVITY BOOKLET

Learn with Food and Fun is an activity booklet to help children talk about traditions, healthy food choices, and active living. This booklet is best used with an adult present and is not intended to be completed in one sitting. The message is clear; have fun learning about food and activity!

FUN ACTIVITIES

What did you eat for breakfast?

First complete the activity where children draw or cut and paste a healthy breakfast for Jonah and Louise. Then have each child tell the group about their breakfast. Was it healthy? Did it include at least three food groups? Post the healthy breakfast pictures on the wall.



Fun outdoor activities!

After colouring the picture 'Snowshoeing is fun and easy', sit in a circle and share stories and ideas of fun activities to do outside in the summer or winter, and activities to do with your family, friends and on your own. Try out new activities, or pretend to do them. For example, you could pretend to snowshoe inside using cardboard cutouts.

Grow a vegetable garden

Plant fast growing vegetables (radishes, lettuce, bean sprouts) in containers and watch them grow. Or plant herbs or slower growing vegetables in front of a house or a building. This will show children that Mother Earth can grow vegetables and that plants need soil, nutrients, air, water and sunshine to grow into the foods we eat. Talk about how children need these things to grow too! When the vegetables are ready to eat, have the children make a salad or help make a snack or meal using the vegetables.

Explore your traditions

Use the activity booklet to explore more about traditional activities and foods. Talk about the past, present and the future, and how they are different. Have children ask their parents and grandparents about the activities that they did and the foods they ate when they were kids. Invite an elder to talk to the children about traditions.

Have a tasting party

Try new foods that are shown in the activity book. Children will enjoy sampling new vegetables and fruits, or various 'traditional' foods when they can choose what to try and how much to eat. Have common and less common foods available.

FUN & FOOD – DIABETES PREVENTION FLIPCHART

The flipchart helps teach families and individuals about diabetes prevention. It focuses on healthy eating and active living. It is simple, easy to understand and very visual. The flipchart is not intended for use by children alone, but is useful for teaching families, parents, caregivers and other adults.

FUN ACTIVITIES

Name that food

Ask children to name the foods in the pictures of each food group. Which foods have they tasted before? Which foods would they like to taste? When looking at the picture of 'Other Foods' discuss 'everyday' versus 'sometimes' foods, and why these foods are called 'sometimes' foods.

Importance of breakfast

Help children understand the importance of breakfast. To start the discussion, use the page in the flipchart that shows a child eating cereal. Discuss different breakfasts for children to try.

Involve Grandmother puppet

Use the Grandmother puppet to talk about the messages in the flipchart. Have the puppet turn the pages. Invite an Elder to do the puppet show or to prepare a traditional dish.

Grow a healthy snack garden

Combine activities that bring together physical activity and healthy eating. Grow a garden that will produce healthy snacks for children. Try carrots, celery, tomatoes, cucumbers, radishes, zucchini, peppers and potatoes. Children will enjoy watching the garden grow and eating their harvest.

Draw a healthy plate

Ask children to draw a circle on a large piece of paper to be their plate. Each week children can draw pictures on their plates of foods they learned about, prepared, or tasted. You could also draw or paste pictures of food onto placemats and try to make a balanced meal. Discuss the difference between 'everyday' and 'sometimes' foods and the importance of trying new foods.



HEALTHY BITES – A COOKING KIT FOR CHILDREN

This cookbook is to help teach children how to cook. Our ability to cook strongly affects our eating habits. Learning to cook using healthy foods is a very important life skill for children. When children help to prepare foods, they will be more interested in trying them. The more healthy foods they taste, the more healthy foods they will learn to enjoy. Teaching children how to cook and to enjoy healthy foods is a fun and easy way to help prevent diabetes.

FUN ACTIVITIES

Plan and prepare meals with children

The recipes in this cookbook are simple, but young children should always be with an adult when cooking. Children can wash the vegetables and fruit, add toppings, add and stir ingredients, clean up, set the table, etc. Give children tasks that they are able to do. When children are involved in preparing food they are more likely to try different foods because it is their creation.

Share a meal

Pick a recipe or two from the cookbook and invite Elders, family, or friends to cook and share a meal together. This gives children an opportunity to enjoy a social setting and take pride in their abilities in the kitchen.

Tour the grocery store

Choose a recipe to cook with a child or group of children. Then take a trip to the grocery store and purchase the ingredients needed to make it. This is a good time to teach children about how to choose healthy foods. When children are involved in shopping for foods, they are more likely to try different foods because they had a hand in choosing them.

Start a kids' cooking club

Use the recipes in Healthy Bites to get you started. All you need is a kitchen, food, Healthy Bites and some kids!



