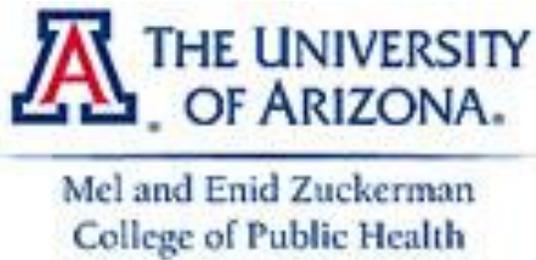


Initial funding for this project provided by _____

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Coloring pages designed by Ricardo ...

Please provide acknowledgements here!



Kit and Cover designed by Roma Krebs, AHCS Biomedical Communications

Word Search

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

Look for all the words in the puzzle that will help destroy the evil Diana Betes?

Look for these words:

1. Diana Betes
2. Lady Low n Sweet
3. Storyteller
4. Vegetables
5. Sports
6. Stay active
7. Town of Glucose
8. King Beta Cell
9. Sir Insulin Monk
10. Doctor
11. Exercise
12. Fruit

Answers on last page

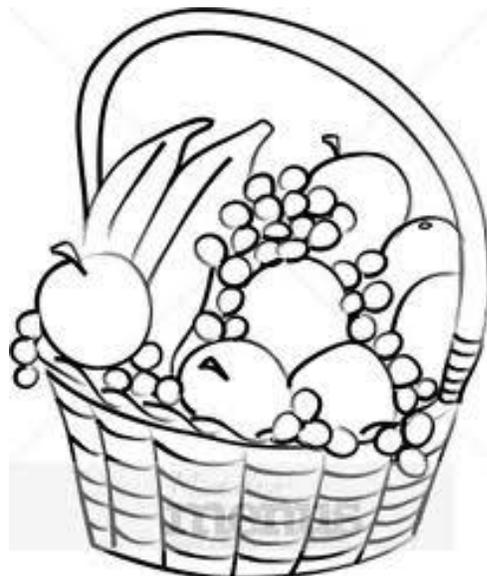
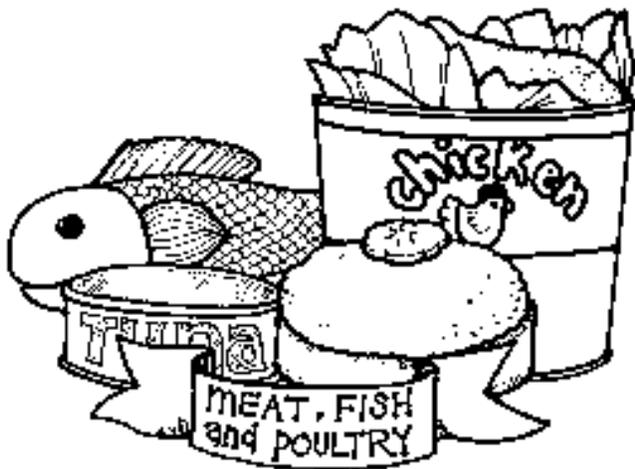
TAKE THE PERSONALITY TEST TO FIND OUT WHICH CHARACTER YOU ARE MOST LIKE.

1. Do you prefer: A. Going shopping B. Playing Sports C. Eating junk food
2. Would you rather: A. Spend a night in the Town of Glucose? B. Help save a Princess and her Kingdom C. Lock a helpless Princess in a Tower
3. Dianna Betes is: A. Ugly B. Bad C. Awesome
4. Lady Low-n-Sweet is: A. Beautiful B. Cool C. Lame
5. Sir Insulin Monk is: A. Heroic B. Brave C. Silly
6. Your favorite snack is: A. Yogurt B. Apple C. Chips-n-Soda
7. Your favorite sport is: A. Ballroom Dancing B. Soccer C. Channel Surfing.

Answers:

1. If you answered mostly A's you are like Lady Low-n-Sweet. A kind and caring person who enjoys staying active, and eating healthy. Keep it up and you will not have to worry about the evil Diana Betes.
2. If you answered mostly B's you are like Sir Insulin Monk. You are brave, strong and not afraid to help others. You are a very active person who is living a healthy life. Keep eating your fruits and veggies and you will always defeat the evil Diana Betes.
3. If you answered mostly C's you are like the Evil Diana Betes. You enjoy eating junk food, channel surfing and picking on helpless Princesses like Lady Low-n-Sweet. There is still time for you to become active and eat healthy.

**To Be Healthy, eat foods from
the 5 food groups every day!**

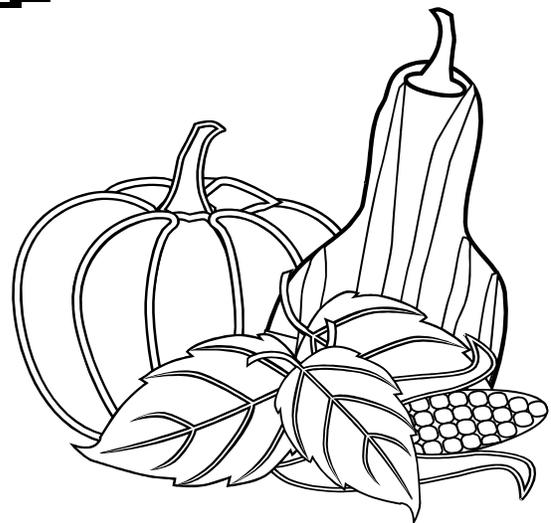
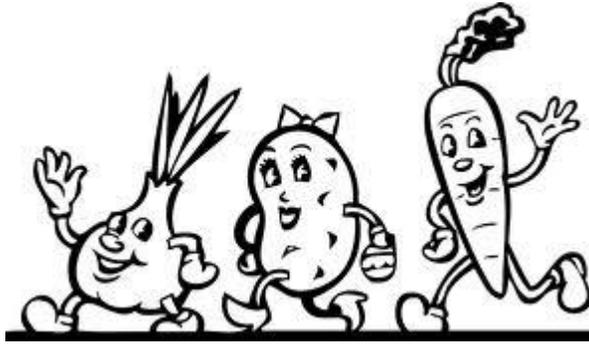
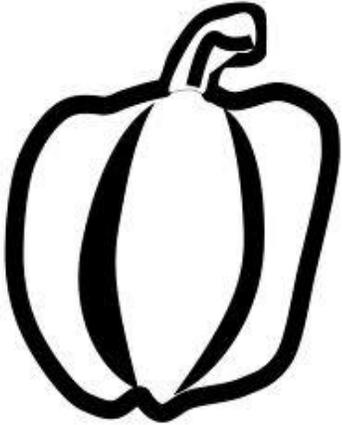


Bread, Cereal, Oatmeal, Rice and Pasta Group



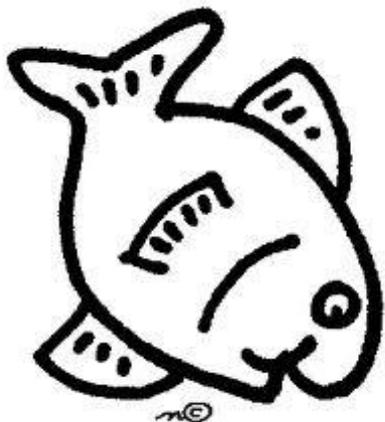
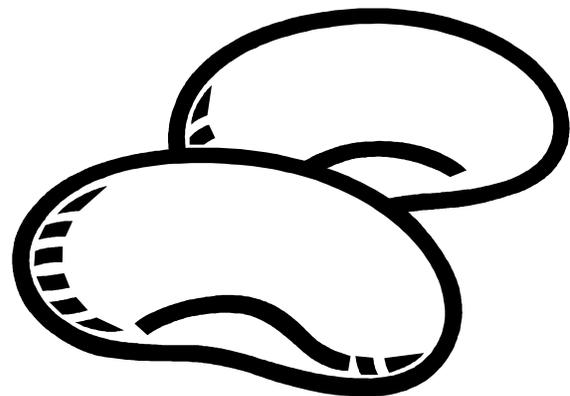
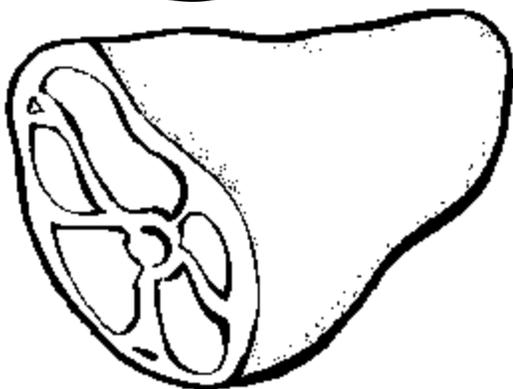
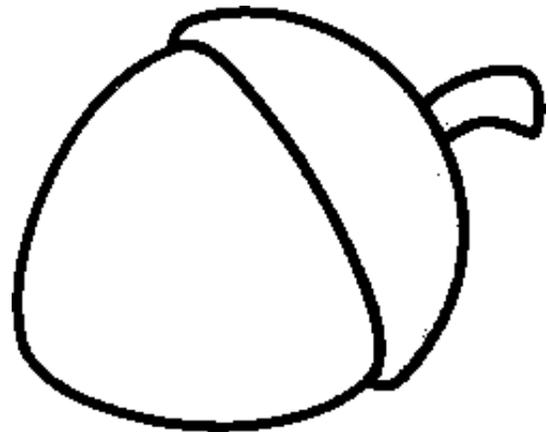
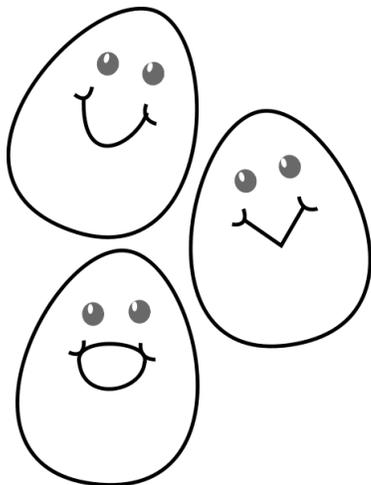
$\frac{1}{4}$ of your plate should be whole grains!

Vegetable Group



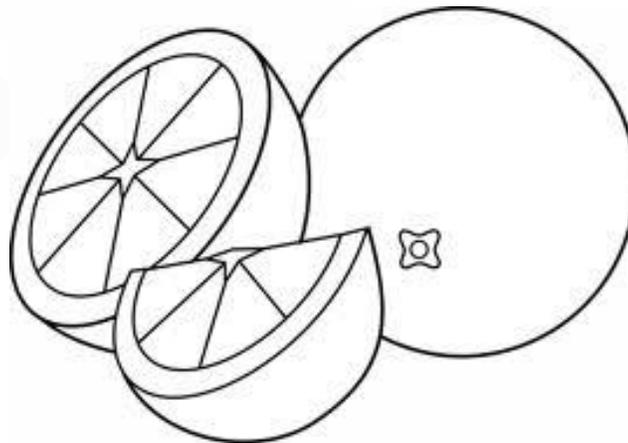
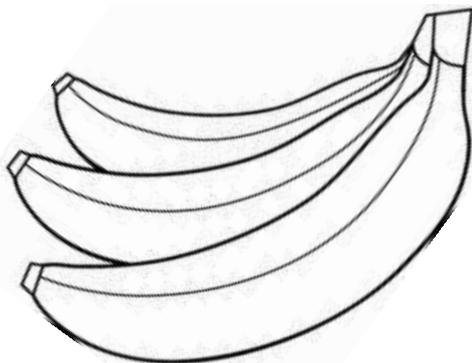
$\frac{1}{4}$ of your plate should be fresh veggies!

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts Group



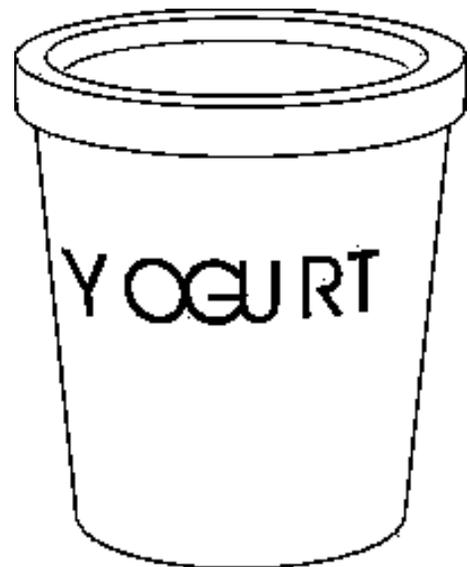
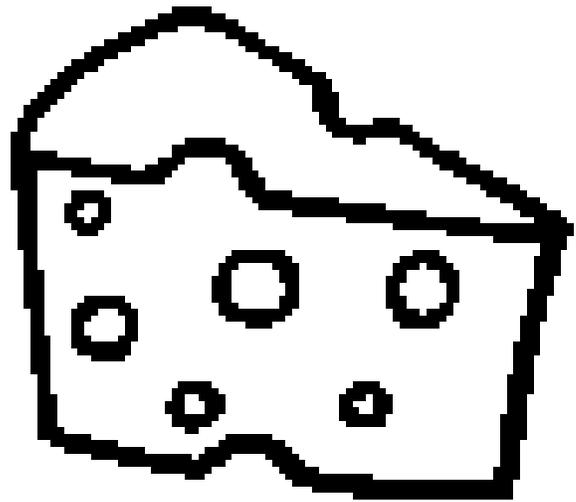
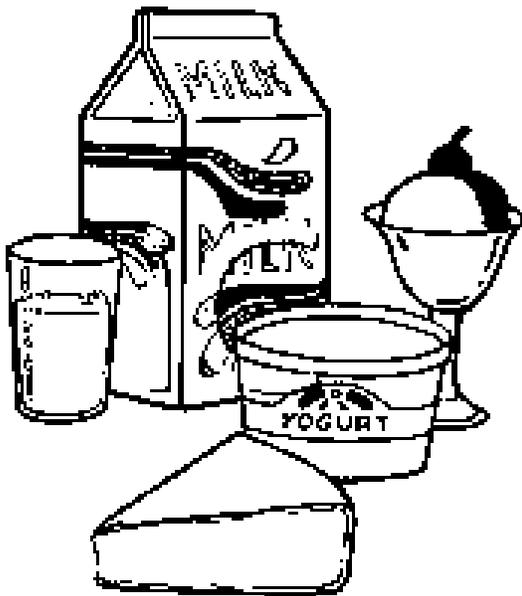
1/4 or LESS of your plate should be lean meats or protein!

Fruit Group



$\frac{1}{4}$ of your plate should be fresh fruits!

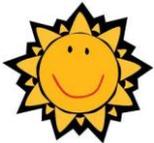
Milk, Yogurt and Cheese Group



2-3 cups of low fat dairy products per day!

Fill in the Blanks for signs of the Big "D"

1. Do you always need to go to the _____?

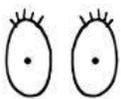


2. Is your skin as _____ as the desert?

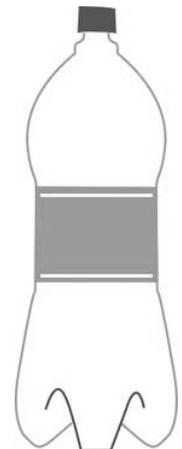
3. Are you always tired and _____?



4. Do you have _____ vision or a sudden change in sight?

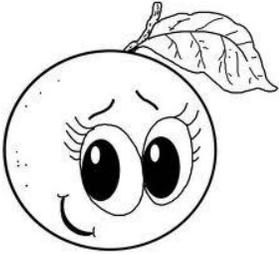


5. Do you drink a lot of water because you are always _____?



Answers: 1. Bathroom 2. Dry 3. Sleepy 4. Blurry 5. Thirsty

Fill in the blanks for ways to help prevent Diabetes

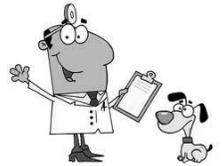


1. Ride a bi__e to school.



2. Eat your fi__e fruits and veggies a day.

3. Get doctor che__k ups once a year.



4. Stay active in scho__l.



5. Help your family e__t right and stay active.



Answers 1. Bike 2. Five 3. Check 4. School 5. Eat

**How Many
Words Can You Make From The
Letters in the Names Listed
Below?**

Lady Low-n-Sweet

Wall

Diana Betes

Live

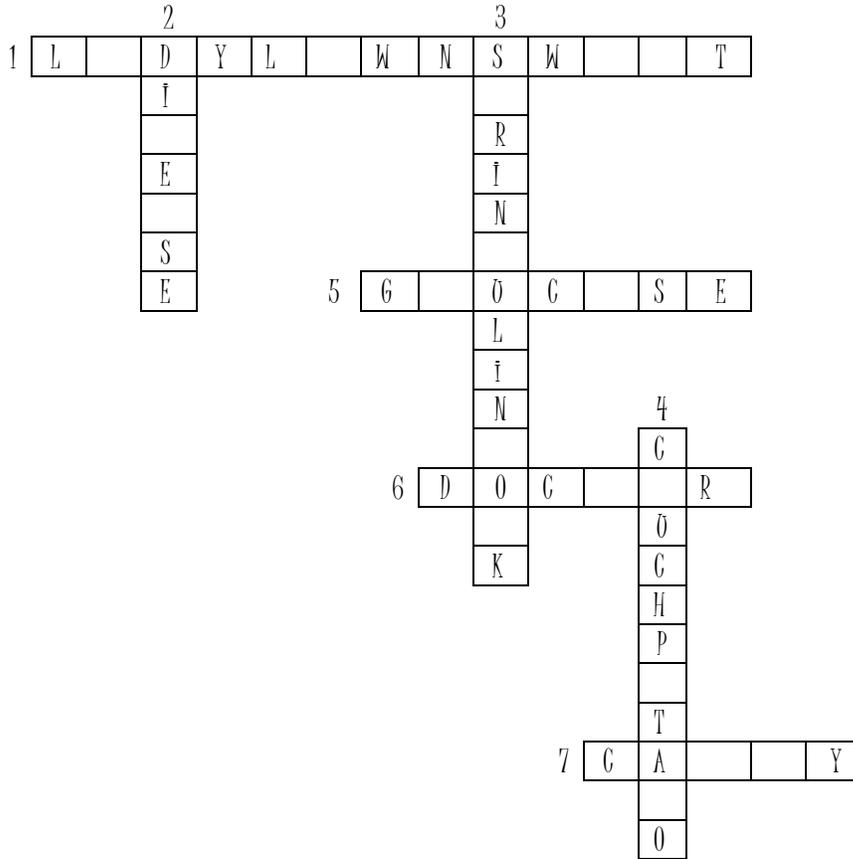
Sir Insulin Monk

Silk

Town of Glucose

Close

Lady Low-n-Sweet Cross Word Puzzle



1. Diana Bettes captures the Princess _____
2. Diana Bettes is a Horrible _____
3. The Hero of our Story is _____
4. Stay Active don't be a _____
5. The name of Lady Low n Sweet's Town is _____
6. You should see your _____ for regular check-ups.
7. You should eat less _____

Answers: 1. Lady Low n Sweet 2. Disease 3. Sir Insulin Monk 4. Couch potato 5. Glucose 6 Doctor 7. Candy

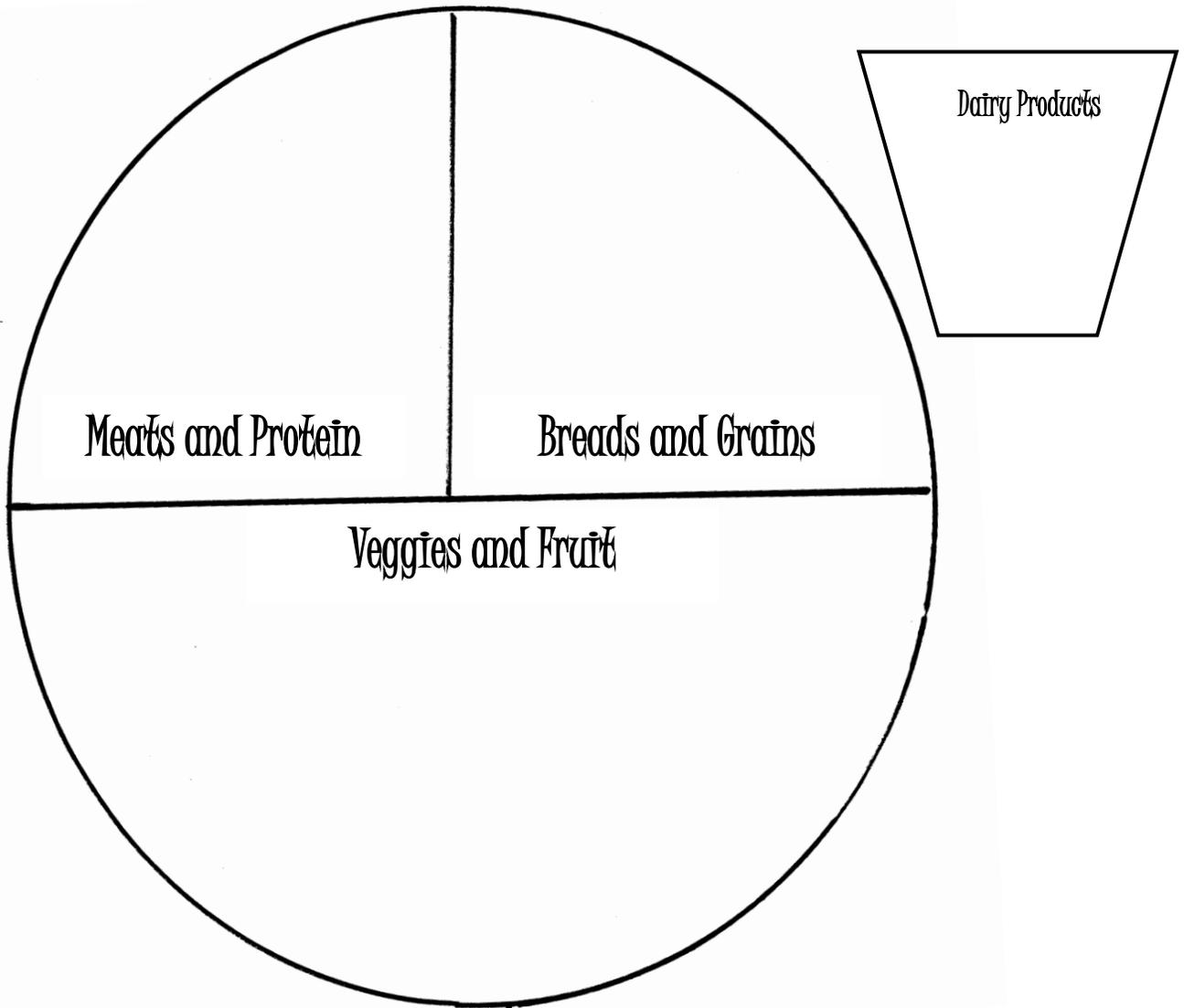
**Lady Low-n-Sweet fills
half of her plate with
fresh fruits and veggies!**

The evil Diana Bettes loves

junk food and couch potatoes!

**Hi I'm Josie! Let's have
fun and learn about
staying active and eating
healthy!**

Draw in the Types of Foods that Belong in each section of the Portion Plate.



Try your Hand at these Guidelines to Estimate your portion Sizes:



Fist: 2 servings of Whole grains



Palm: a serving of lean meat



Thumb: a serving of mayo or margarine



Handful: of healthy snack foods



thumb: a piece of cheese

Even Sir Insulin Monk and Lady Low-n-Sweet sometimes have a hard time making healthy food choices. Write down what they would say if Diana Betes tried to make them eat unhealthy foods and not stay active.

1. A super size soda would taste really good with a bucket of nachos. Let's go get some!

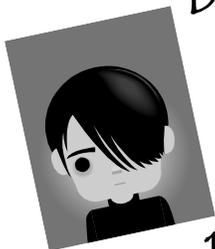
2. Why are you walking to school? Can't your parents drive you there?

3. Chips are my favorite food. Have all the chips you want.

4. Let's go outside and play when the cartoons are over.

Diabetes truths and myths

Do you know the REAL risk factors for diabetes? Take the diabetes truth and myth test to find out!



1. If you are always emotional you must have diabetes.

T/F

2. Being tired and sleepy is a sign of the Big "D".

T/F

3. A sign of the Big "D" is always needing to pee!

T/F

4. You are at risk for diabetes if you are always stressed.

T/F

5. Only Grandmas or Grandpas have type 2 diabetes.

T/F



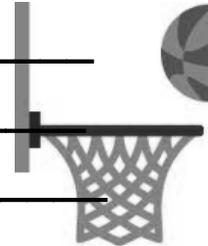
Answers and Explanations: 1. False, emotions are not a risk factor for diabetes 2. True, being tired and sleepy is a sign of the Big "D" 3. True, having to pee a lot is a sign of the Big "D" 4. False, stress does not cause diabetes 5. False, type 2 diabetes can happen at ANY age.

Word Scrabble

Help Sir Insulin Monk unscramble the letters to his favorite sports.



1. Wmisingm _____
2. Lbalotof _____
3. Klbicalk _____
4. Nintes _____
5. Latslofb _____
6. Egodd lab _____
7. Gninunr _____
8. Albtalkesb _____
9. Recocs _____
10. Lveylolabl _____



Answers: 1. Swimming 2. Football 3. Kickball 4. Tennis 5. Softball 6. Dodge ball 7. Running
8. Basketball 9. Soccer 10. Volleyball

**Karina, from the Town of
Glucose, is very happy that her
town is eating healthy and
staying active!**

**Sir Insulin Monk enjoys
eating his fruits and
veggies and playing
sports!**

Sir Insulin Monk's Favorite Apple Recipes!

Chunky Apple Cake

1 cup all-purpose flour
1/2 tsp. Ground nutmeg
1/2 tsp. ground cinnamon
1/4 tsp. Salt
3/4 cup granulated sugar
3 Tbsp. stick margarine, softened
1 egg
2 Tbsp. low-fat milk (1%) or skim milk
2 large baking apples, cored and sliced (3 cups)
1 tsp. granulated sugar
1/2 tsp. ground cinnamon



1. Pre-heat the oven to 350 degrees. Spray an 8x8x2 baking pan with nonstick cooking spray.
2. In a medium bowl, whisk together the flour, nutmeg, cinnamon and salt.
3. In another medium bowl, with an electric mixer at medium speed, beat the sugar and the margarine together until fluffy (about 2 minutes). Beat in the egg and milk until smooth, about 1 minute. Add the flour mixture to the margarine mixture in thirds, beating until smooth, (about 2 minutes). With a large spoon, stir in the apples until evenly distributed. Spread the batter in the prepared pan.

In a small bowl combine the sugar and cinnamon for the topping, and then sprinkle evenly on the batter. Bake until brown and the sides start to pull away from the sides of the pan, approximately 40-45 minutes.

Apple Crunch

4 cups apples, pared, sliced
3/4 cup orange juice, unsweetened
1 teaspoon lime juice, fresh
1 teaspoon cinnamon, ground
1 cup graham cracker crumbs
2 tablespoons wheat germ
2 tablespoons margarine, diet

This is a good alternative to apple pie that kids love. Lemon juice can be used instead of lime, but lime is more interesting.

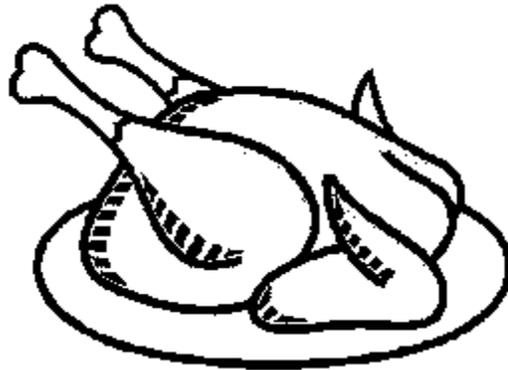
1. Preheat oven to 400°F.
2. Layer apples in 1-quart casserole. Combine juices and cinnamon and pour over apples.
3. Combine cracker crumbs and wheat germ with margarine and sprinkle over apples.
4. Cover with foil and bake for 25 minutes. Uncover and bake 5-10 minutes longer.



Lady Low-n-Sweets' Favorite Recipes!

Oven Fried Chicken

3 lbs. whole fryer chicken, cut-up
1 cup of skim milk
1 tsp. Thyme
1 tsp. Garlic Powder
1 tsp. Onion Powder
1 tsp. Parsley Flakes
1 tsp. Paprika
1 tsp. Black Pepper
1 tsp. Salt
1/8 tsp. Red Pepper Flakes
1 Cup of Flour



Pre heat oven to 450 degrees. Skin chicken and place in the milk. Place all the seasonings in the flour and mix. Dredge chicken parts into flour, making sure all pieces are well coated, place on pan sprayed with nonstick cooking spray. After placing chicken on pan spray top of chicken with non-stick cooking spray. Place in oven for 45 minutes until juices run clear.

Fresh Salsa

3 Large Tomatoes, peeled and diced
1/2 Cup white onion, chopped fine
1/2 Jalapeno pepper, chopped
1 Anaheim pepper, seeded and chopped
1/2 Sweet red pepper, chopped
2 Tbsp. Cilantro, chopped
1/4 tsp. Salt
Fresh juice from 1/2 limes
1 tsp. white wine vinegar
1 Tbsp. Water or Tomato juice



Place tomatoes in a colander to reduce the tomato liquid while you prepare the rest of the ingredients. Place a bowl under the colander if you want to collect the tomato juice.

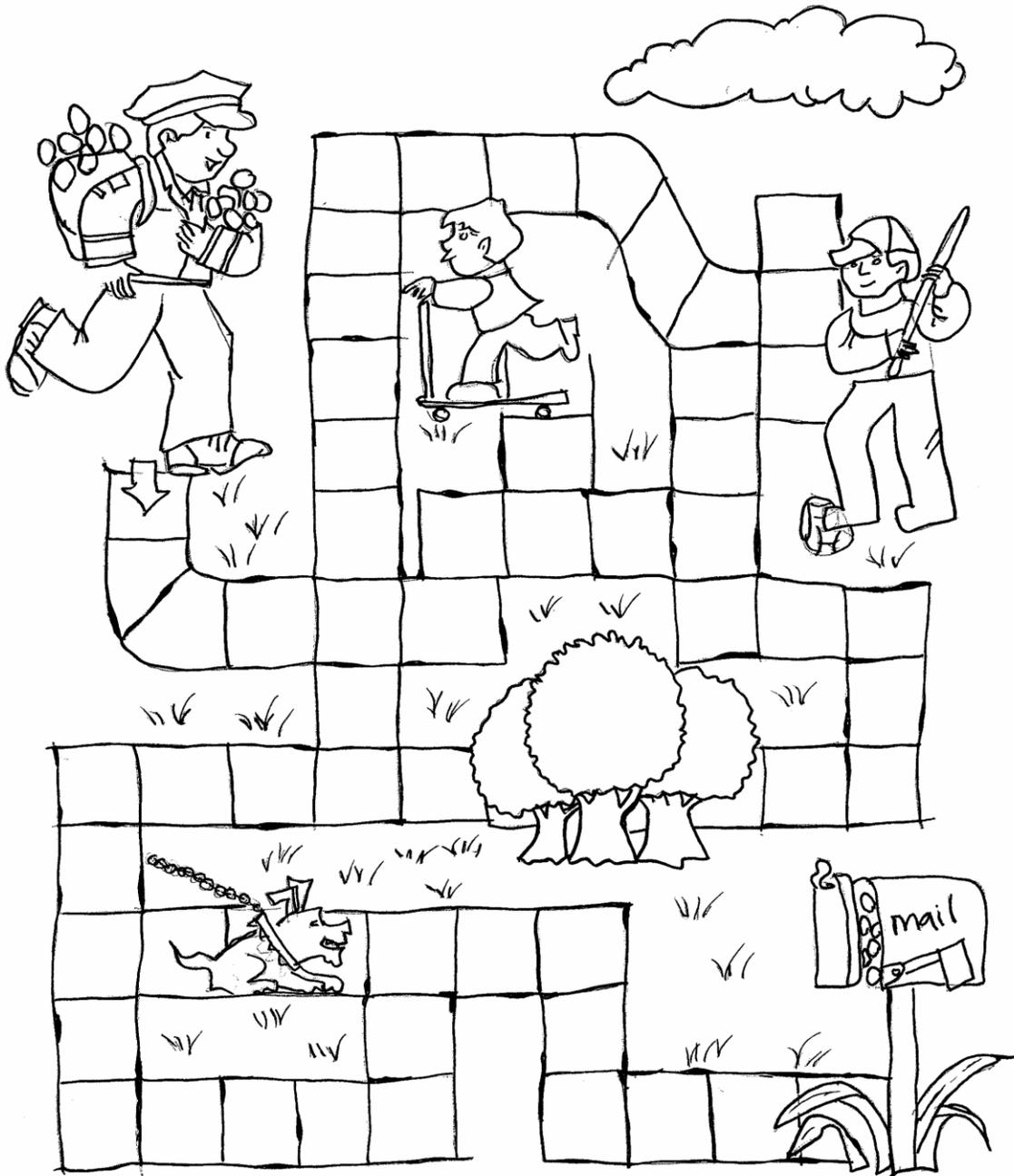
Put all ingredients in a glass, ceramic or stainless steel bowl. Mix well. Let stand for 30 minutes. Serve salsa with baked tortillas, with meats, or with other main dishes.

Don't Monkey around with Diabetes!



Connect dots from 1 to 10, start at Star.

Help the mailman deliver the fruit to the Town of Glucose.



Show him where to go.

Solution to Word Search

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

Look for all the words in the puzzle that will help destroy the evil Diana Betes?

Look for these words:

- | | |
|---------------------|---------------------|
| 1. Diana Betes | 7. Town of Glucose |
| 2. Lady Low n Sweet | 8. King Beta Cell |
| 3. Storyteller | 9. Sir Insulin Monk |
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| 5. Sports | 11. Exercise |
| 6. Stay active | 12. Fruit |