

Making Healthy Lifestyle Choices Through Storytelling

Day One

Foods

- Carrots
- Fish
- Cake
- Apple Juice
- Water
- Chicken
- Candy
- Bread
- Takis

What is Diabetes?

What is Diabetes?

- **an abnormal bodily condition in which less than the normal amount of insulin is produced, greater than normal amounts of urine are produced, and large amounts of sugar are contained in the blood and urine and which is marked especially by thirst, hunger, and loss of weight**
 - *Britannica Kids.*
<https://kids.britannica.com/kids/search/dictionary?query=diabetes>. Accessed 1 Apr. 2024.
- [ABCs of Diabetes](#)

How Diabetes Affects People

- 13.6% of American Indians/Alaskan Native adults
 - 12.1% of non-Hispanic Black adults
 - 11.7% of Hispanic adults
 - 9.1% of Asian American adults
 - 6.9% of non-Hispanic White adults
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- Parker, Emily D., et al. “Economic Costs of Diabetes in the U.S. in 2022.” *Diabetes Care*, vol. 47, no. 1, Jan. 2024, pp. 26–43. DOI.org (Crossref), <https://diabetes.org/about-diabetes/statistics/about-diabetes>

What do you think the word
Indigenous means?

Indigenous

- **produced, growing, or living naturally in a particular region or environment**
 - *Britannica Kids*.
<https://kids.britannica.com/kids/search/dictionary?query=Indigenous>.
Accessed 1 Apr. 2024.
- **Indigenous people are the people who were here before the English came and colonized the United States.**

Website Research Links

- [Ducksters](#)
- [National Museum of the American Indian](#)

Day Two

What is Personification?

- the representation of a thing or idea as a person or by the human form
- *Definition of personification.* (2024, April 25). <https://www.merriam-webster.com/dictionary/personification>

Read Aloud

- Through the Eyes of the Eagle

Possible Themes

- Friendship
- Being Healthy
- Family
- Love
- Teamwork
- Hard Work
- Self-Control

Morals/Lessons

- Make new friends with people
- Treat others the way you want to be treated
- Eat healthy foods
- Be active in life
- Always listen to adults
- Eat a colorful plate
- Pick people that make your life better
- Choose foods in your daily diet that are good for you

Day Three

Read Aloud

- Knees Lifted High

Possible Themes

- Friendship
- Being Healthy
- Family
- Love
- Teamwork
- Hard Work
- Self-Control

Morals/Lessons

- Make new friends with people
- Treat others the way you want to be treated
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Day Four

Read Aloud

- Plate Full of Color

Day Five

Read Aloud

- [Tricky Treats](#)