



Name: _____

Date: _____

Camp Diabetes

Instructions: You've just been hired by a diabetes foundation to design a weeklong summer camp for 5- to 8-year-olds with diabetes. The foundation wants your initial thoughts about two key aspects of the camp - the meal plan and the activity plan. Read the KidsHealth.org articles about diabetes to gather information about the nutrition and fitness needs of kids with diabetes. Now you're ready to map out your ideas for the camp. Using the "Camp Diabetes" handout, describe the following elements:

Types of food that will be served, and why you chose these foods:



Sample meal:



Types of activities planned, and why being active is important for campers:



Sample activity: