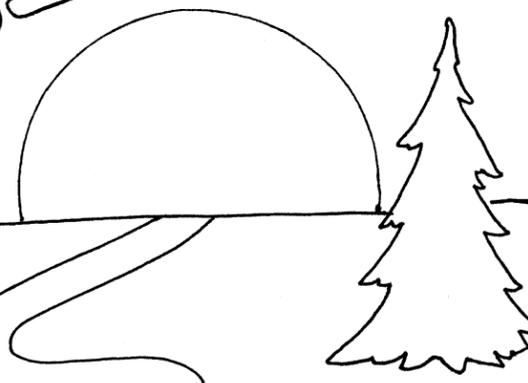
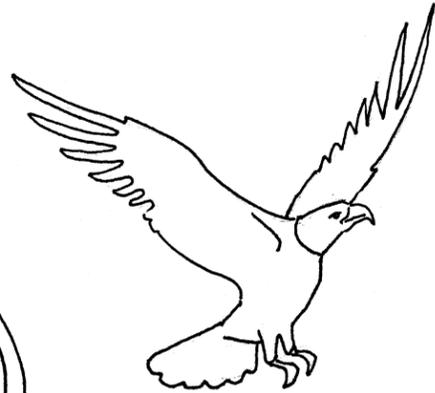


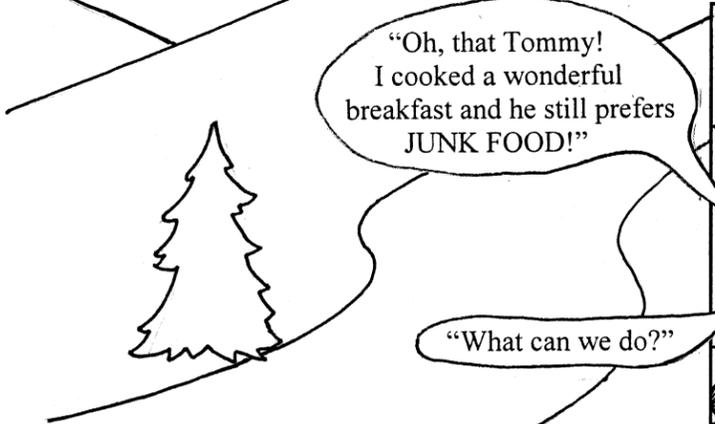
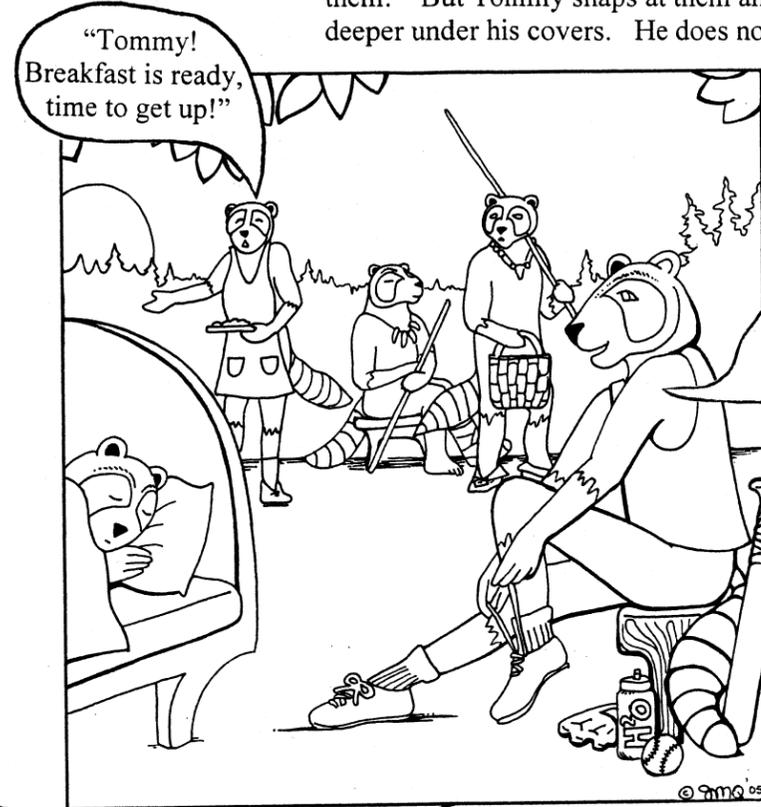
JOURNEY TOWARD WELLNESS



A Story about Diabetic Prevention: Living a healthy lifestyle Among Native Americans.



As the sun rises, the Raccoon household is awakening to another busy day. Mom has cooked breakfast and Dad is going off to gather nuts. Ben is getting ready for a baseball game. He encourages Tommy to get out of bed and join them. But Tommy snaps at them and snuggles down deeper under his covers. He does not want to get up.



Later that morning, during their daily walk, Mom and Grandfather come across Tommy digging through the park garbage collecting discarded junk food and pop. Grandfather, being blind, does not see what is going on, so Mom explains why she is so dismayed.

Suddenly, Grandfather has an idea as to why Tommy was tired and grouchy that morning.



Grandfather sits down under the tree where Dad is gathering nuts. Nearby Tommy relaxes under another tree. He has eaten all the junk food he could find and is beginning to feel sleepy. Ben and a friend run by on their way to another baseball game.



"Hey, Tommy, want to join us?"

"No, I am still too tired. I think I will take a nap."

Something needs to be done about Tommy and I think I know what.

Overhearing the conversation, Grandfather is now reasonably sure he knows what is wrong.

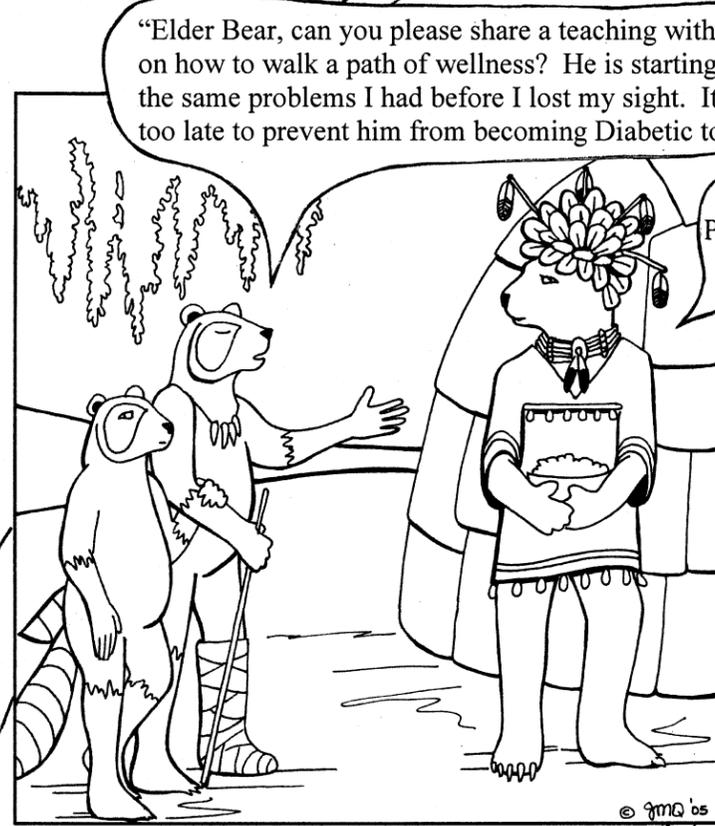
Grandfather calls Tommy over to sit with him, so that he can tell him about his youth.



"When I was young, I was just like you. I would eat food that I thought tasted good, but would later make me sick. I would get tired and weak. My vision would become blurry. I wanted to sleep all the time and rarely played with my friends."

"After many years of eating junk food, I became Diabetic. Bear tried to help me, but it was too late. I became blind and have many other problems with my body. But it is not too late for you. I want you to talk to Elder Bear. I think he can help you."

Tommy helps his Grandfather walk over to Elder Bear's Lodge. When they get there, Elder Bear is just coming back from gathering medicine plants in the woods. They approach him and Elder Bear greets them warmly.



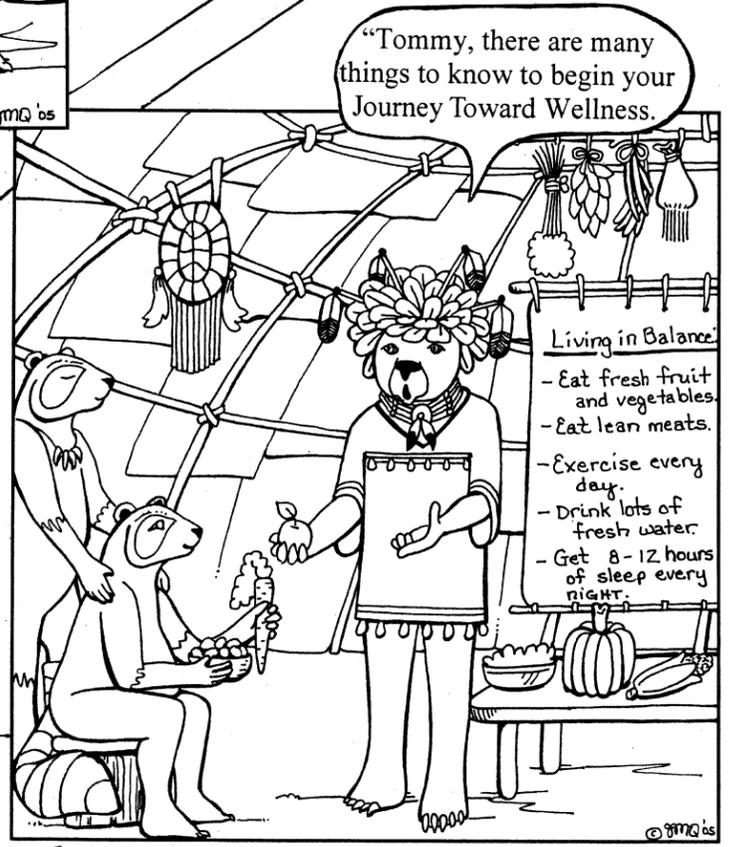
"Elder Bear, can you please share a teaching with Tommy on how to walk a path of wellness? He is starting to have the same problems I had before I lost my sight. It is not too late to prevent him from becoming Diabetic too."

"Yes, I would be happy to. Please come inside and I will tell and show you how."

Tommy and his Grandfather follow Elder Bear into the Medicine Lodge. They watch as Elder Bear gathers several things together and then motions them to have a seat.

Elder Bear tells Tommy about Diabetes and why he is more susceptible to becoming Diabetic. He shows the youth the differences between healthy foods and the not-so-healthy ones. He explains why foods with lots of sugar in them are unhealthy, especially over time.

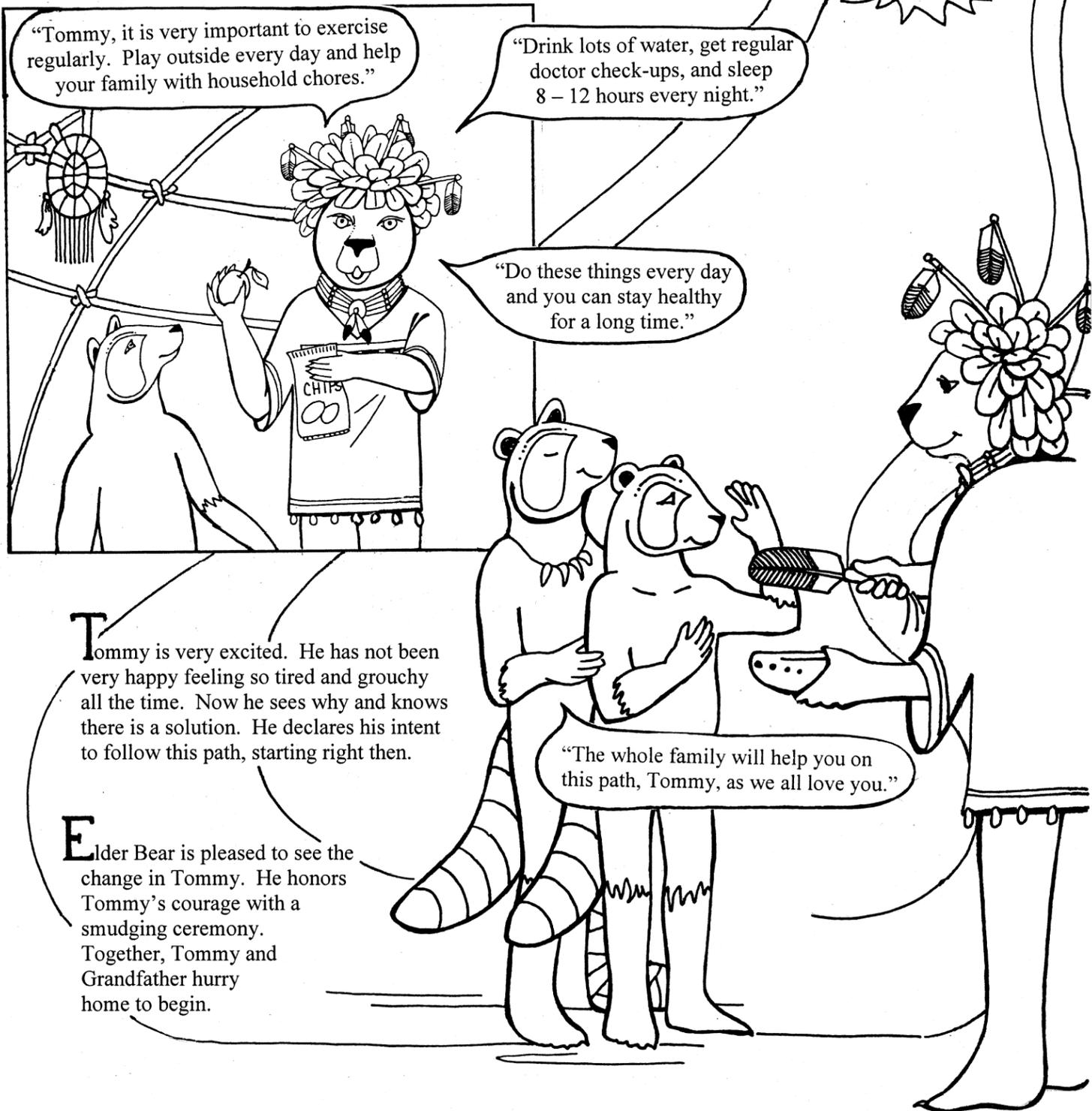
He also talks about being tired or thirsty all the time, and why vision starts to blur. He explains that "playing" is a form of exercise that helps a youth grow up strong and healthy. And this, in turn, prevents Diabetes from starting.



"Tommy, there are many things to know to begin your Journey Toward Wellness."

- Living in Balance**
- Eat fresh fruit and vegetables.
 - Eat lean meats.
 - Exercise every day.
 - Drink lots of fresh water.
 - Get 8-12 hours of sleep every night.

Tommy has great respect for Elder Bear and listens intently. He is surprised to realize that many things he took for granted, have important roles in staying healthy. Even as Elder Bear goes over the main points one last time, Tommy has a plan forming in his mind.



"Tommy, it is very important to exercise regularly. Play outside every day and help your family with household chores."

"Drink lots of water, get regular doctor check-ups, and sleep 8 - 12 hours every night."

"Do these things every day and you can stay healthy for a long time."

Tommy is very excited. He has not been very happy feeling so tired and grouchy all the time. Now he sees why and knows there is a solution. He declares his intent to follow this path, starting right then.

Elder Bear is pleased to see the change in Tommy. He honors Tommy's courage with a smudging ceremony. Together, Tommy and Grandfather hurry home to begin.

"The whole family will help you on this path, Tommy, as we all love you."

Tommy searches for Ben and asks him if he would like to play. Ben is happy that Tommy wants to play with him. Although Baseball is Ben's favorite sport, he hands Tommy a Basketball. He knows that Tommy needs to start slowly, so that he doesn't get too tired and want to quit. While practicing, he tells Tommy about all the things they can do together.

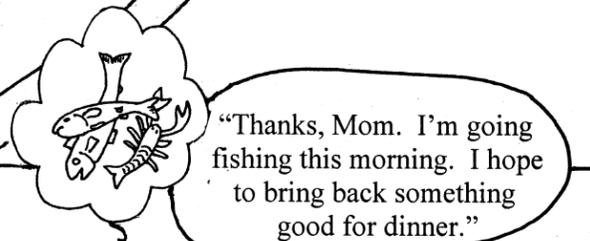


"Play is like exercise, it will help me to become healthy."

"Sure, let me show you how to shoot hoops."

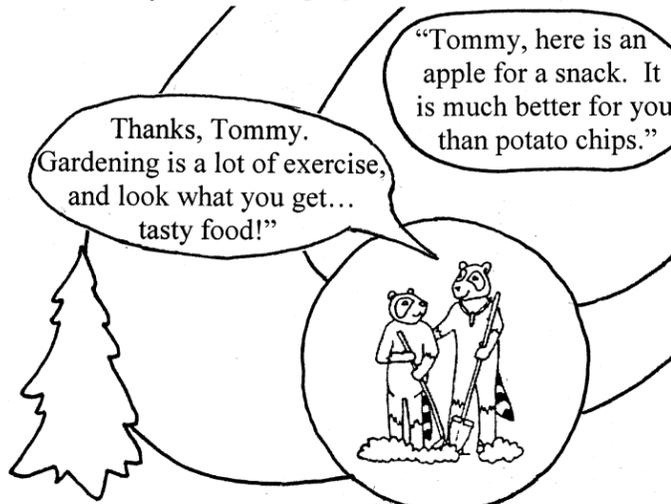


When bedtime comes, both boys are ready to fall asleep.



"Thanks, Mom. I'm going fishing this morning. I hope to bring back something good for dinner."

The next morning, Tommy gets up with everyone else. Mom's breakfast tastes especially wonderful. Afterwards, Tommy talks with his mom about what he has planned for the day. Mom shows him some of the healthy food she is preparing for storage.



Thanks, Tommy. Gardening is a lot of exercise, and look what you get... tasty food!"

"Tommy, here is an apple for a snack. It is much better for you than potato chips."

"When I come home, I'll help Dad in the garden. Fresh vegetables are really healthy."

Dinner was especially wonderful that night. Everything smelled good and Tommy was surprised to be so hungry. Everyone complimented Tommy on all the fish he had caught and how big they were. He felt very pleased and thought about how fun his day had been. Making a platter of various foods, Tommy served Grandfather first.



"Anyone want Corn?"

Tommy you are a good fisher!

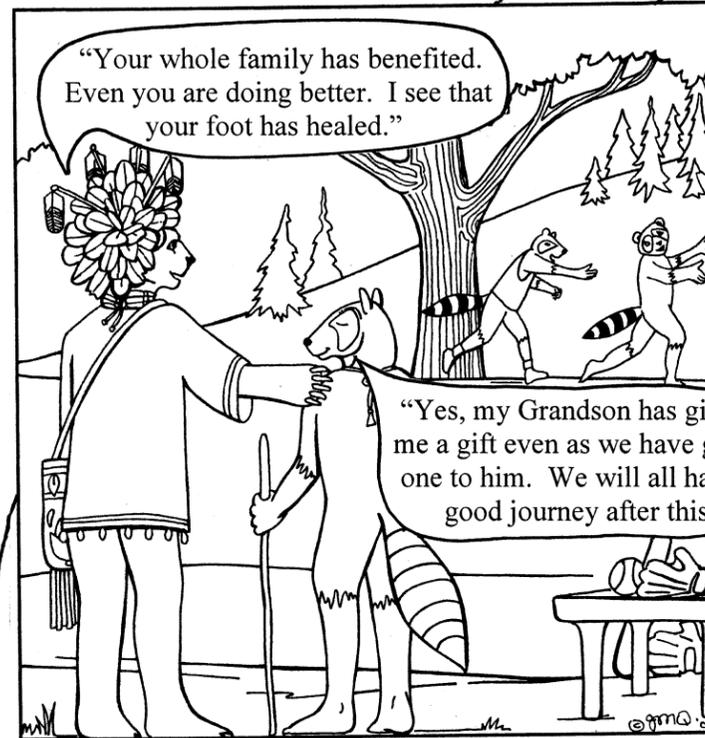
"I picked a bowl of berries and they taste really good!"



"Thank you, Tommy"

"No, Grandfather, thank you for showing me the healthy path."

While watching the children play tag, Elder Bear remarks to Grandfather that he is pleased to see Tommy still on his journey to wellness.



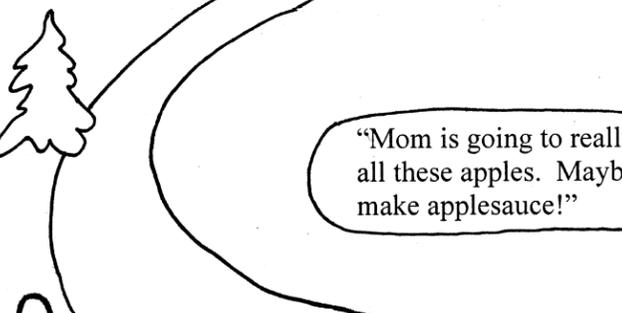
"Your whole family has benefited. Even you are doing better. I see that your foot has healed."

"Yes, my Grandson has given me a gift even as we have given one to him. We will all have a good journey after this."

"Elder Bear is very impressed with you. He says you are doing a wonderful job of staying healthy."

"I am very proud of you!"

"Thank you, Grandfather."

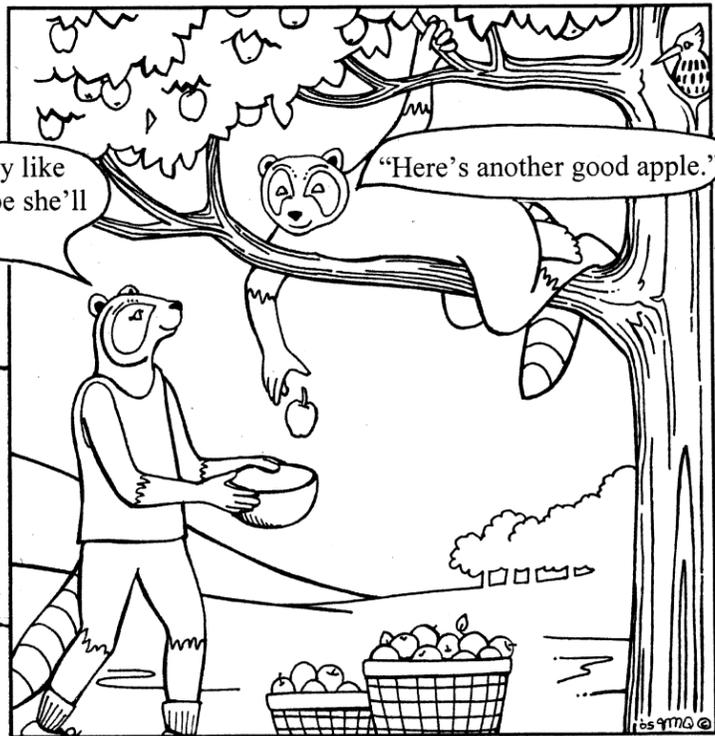


"Mom is going to really like all these apples. Maybe she'll make applesauce!"

"Here's another good apple."

One year later, Tommy has continued his journey to wellness. He is leaner, stronger, has lots of energy, and is very happy. Ben and Tommy have grown even closer while enjoying many activities together. The whole family actually feels better.

Tommy is glad that Grandfather took him to see Elder Bear. He knows that if he had stayed in bed, he would have missed a whole lot of fun!



Tommy has so much energy that he begins to coach other youth sports. He is very popular. Because the other youth look up to him, Tommy knows that he must set a good example. And he finds, that on his Journey to Wellness, doing that is a very easy thing to do.

And FUN!



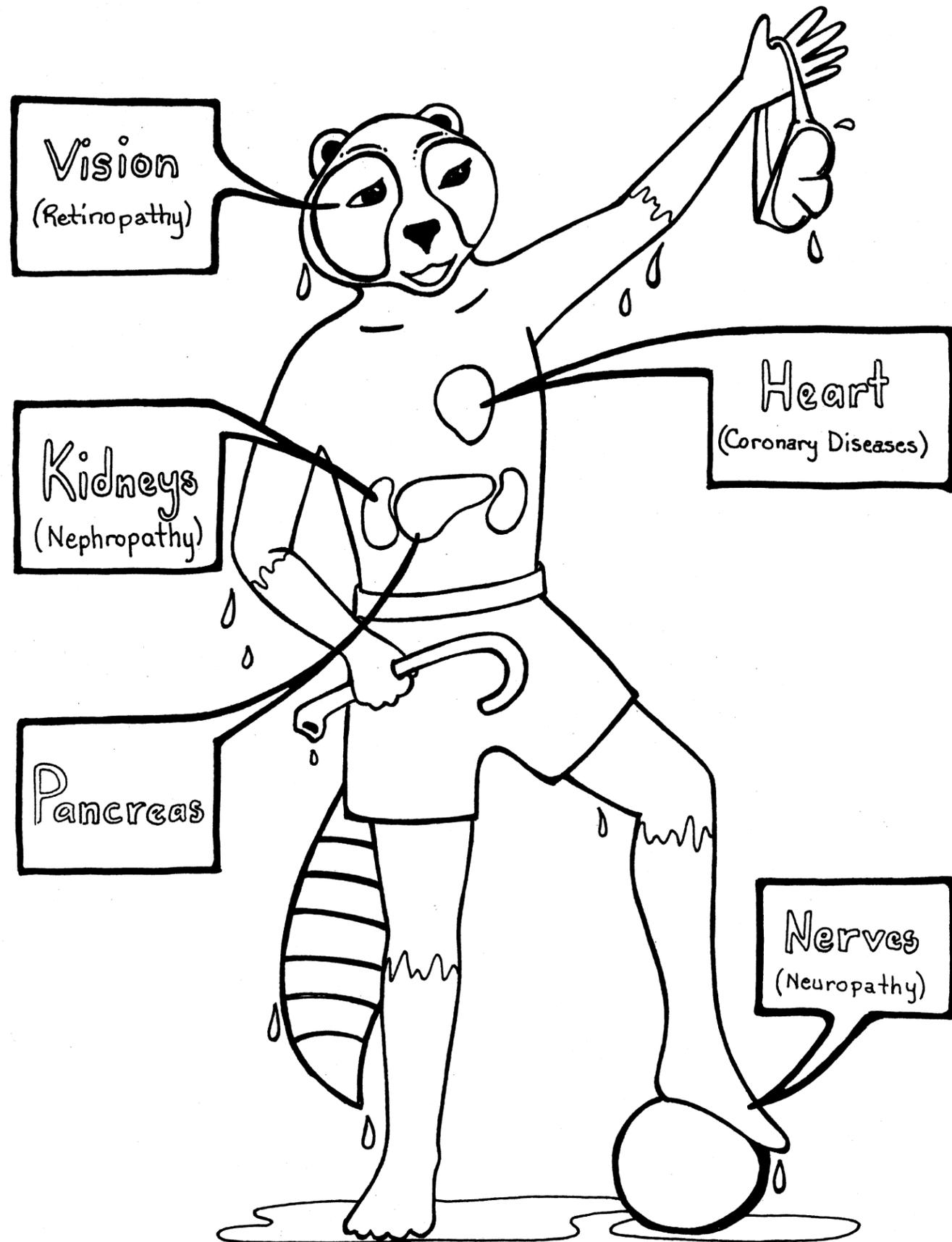
"Hey, Team! Anyone want a fresh, juicy, HEALTHY... Apple?"

"I want one!"

"Can I have two, please!"

"Me, too!"

DIABETES AFFECTS:



WHAT IS DIABETES?

Diabetes is a disease that begins in an organ called the pancreas. Special cells in the pancreas, called beta cells, make a substance called insulin. Insulin helps feed the millions of tiny cells in your body. To keep you healthy, these cells need to be fed food called glucose, or sugar. When you eat some fruit, for example, the fruit is turned into glucose and sent into the blood. The glucose travels through the blood to all the cells in your body. The cells can't eat the glucose without some help however. They get that help from insulin. Glucose and insulin work together to feed the cells. People with diabetes have a problem with insulin, so the cells don't get the glucose they need and are unable to eat so they become weak. When this happens people with diabetes often begin having symptoms. Some of these symptoms are:



Blurred Vision



Hunger



Increased Thirst



Drowsiness

VOCABULARY

- **Pancreas:** Organ in your body that secretes a hormone called insulin.
- **Beta Cells:** Special cells in your pancreas that help with the production of insulin.
- **Insulin:** A hormone secreted by the pancreas to help get glucose into the body's cells for energy.
- **Diabetes:** A disease that affects the pancreas and results in high blood glucose levels.
- **Glucose:** A form of sugar necessary to give your body energy.
- **Neuropathy:** Nerve damage. May cause problems in feet and legs as well as other parts of the body.
- **Retinopathy:** Eye damage caused by diabetes that may cause blindness
- **Nephropathy:** Kidney damage. Kidneys filter out waste from the blood. When they don't work right, poisons can build up.
- **Coronary Disease:** Heart disease is more common in people with diabetes which may cause a heart attack.

Healthy Eating Challenge

Materials needed:

- Paper
- Round cardboard for each student (cardboard pizza rounds work well)
- Crayons, markers, colored pencils

Briefly discuss "Healthy Eating" with students. As a whole group activity, ask students, "What did you have for snack yesterday after school?" Write the student's responses on the board. Then ask, "What did you have for dinner last night?" Add this information to the board. Note some good choices from the student's responses.

Pass out one sheet of paper to each student.

"Think about what you ate for dinner last night. Write down what you ate for dinner last night, include any snacks you ate after school or after dinner." When students have written down the information, have them compare what they ate with others near them.

Pass out 1 round cardboard to each student.

On the round cardboard, have the students draw pictures of the foods they ate for dinner/snack. Remind the students to label the foods.

Allow time for drawing, coloring and labeling.

While students are working, use this time to comment on some "healthy choices" the students have listed on the cardboard. Comment on some foods that have "healthy alternatives".

When the students have completed the activity, explain that sometimes we can make healthier choices for meals. Share some examples of healthier choices. After this discussion, have the students turn the cardboard over and draw pictures of healthier choices they could have made for dinner and snacks.

After the activity is complete, ask for volunteers to share what they ate for dinner/snacks and the healthy choices they made.

- Suggested extensions to the activity:
- Share healthy recipes with the students.
 - Share a healthy snack with the students.
 - Create a healthy snack with the students.
 - Encourage using a food log.



DAILY LOG

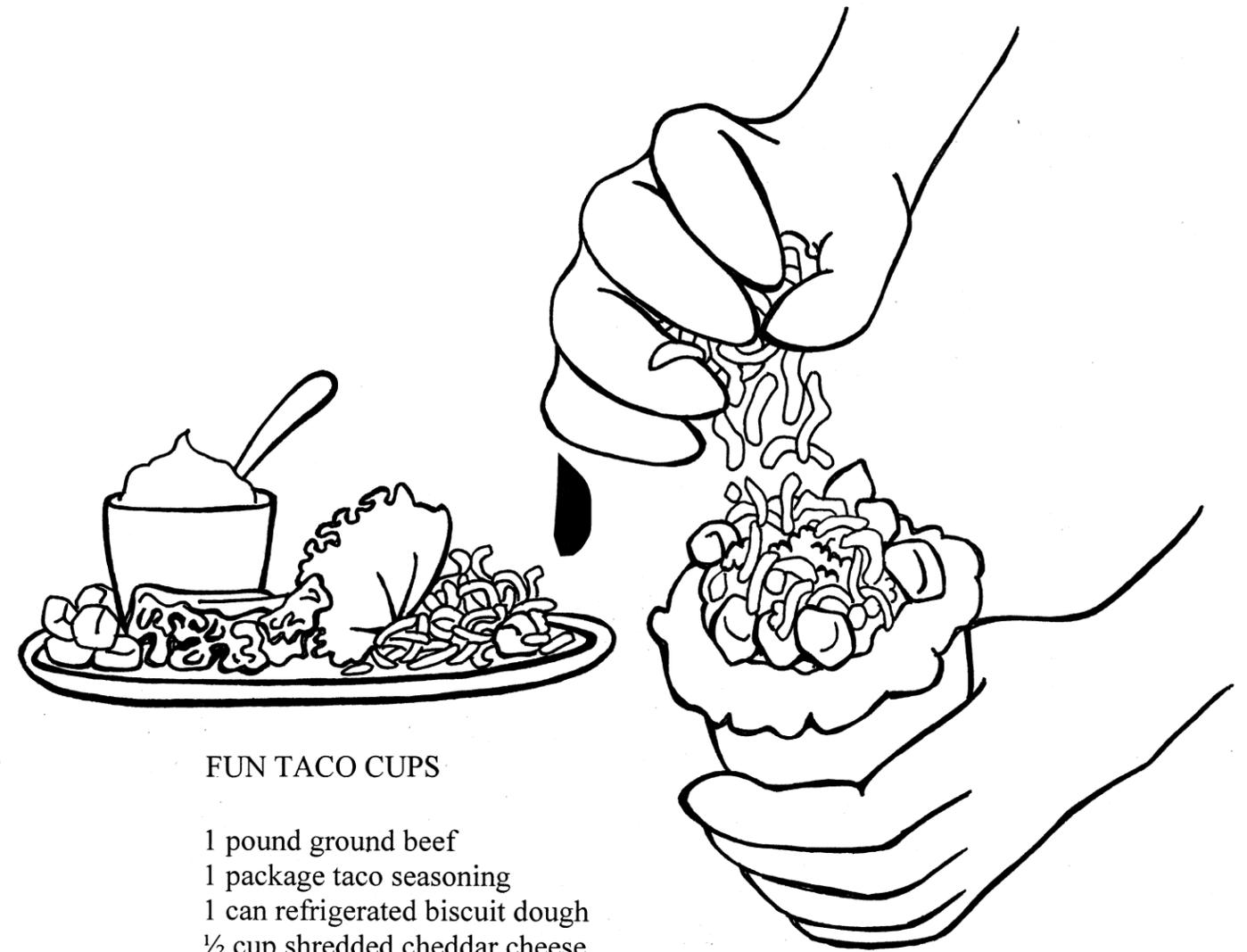
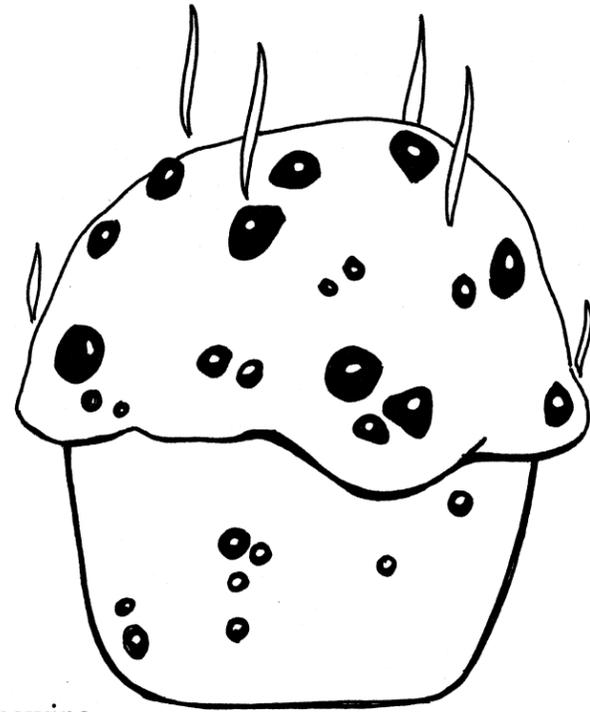
for FOOD + EXERCISE

	MON	TUES	WED	THURS	FRI	SAT	SUN
Breakfast							
Lunch							
Dinner							
Activity							
Food Choice Goals							
Physical Activity Goals							

BLUEBERRY OAT MUFFINS

1 cup quick oats
1 tbsp. lemon juice
1 cup milk, less 1 tbsp.
1 cup flour
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
¾ cup brown sugar
1 egg slightly beaten
¼ cup melted margarine
1 cup blueberries*

*If frozen berries used, mix without thawing
Preheat oven to 400 degrees.
Spray muffin pan with cooking spray or use muffin cup liners.
Add milk to lemon juice in small bowl. Let stand a few minutes and then combine with oats.
Combine flour, baking powder, baking soda, salt and brown sugar in mixing bowl, stir well.
Add egg and melted butter to oatmeal mixture. Mix well.
Add oat mixture to dry ingredients. Stir just until all ingredients are moistened. Gently fold in blueberries.
Fill prepared muffin cups ¾ full. Bake at 400 degrees for 20 minutes or until top springs back and is lightly browned.



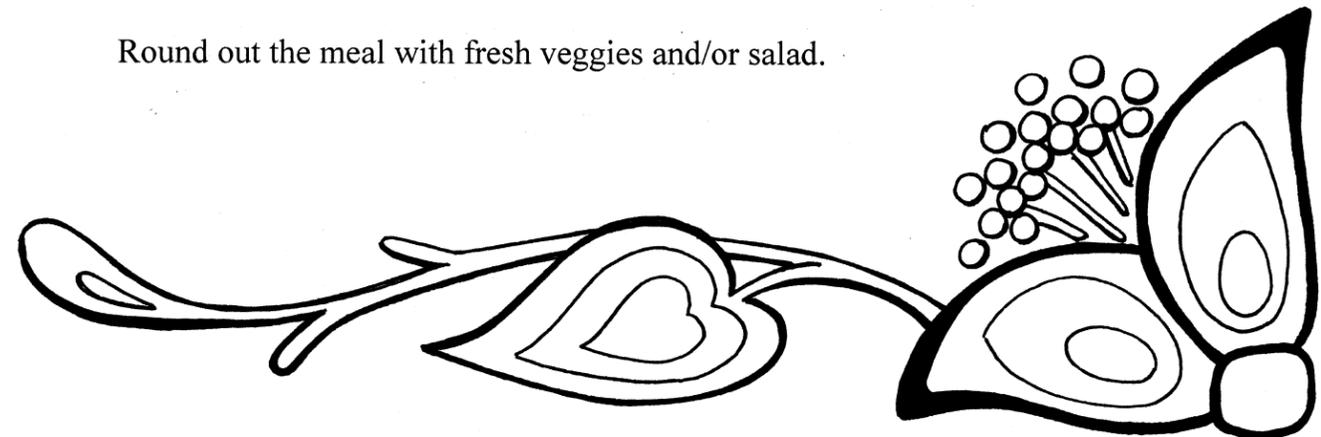
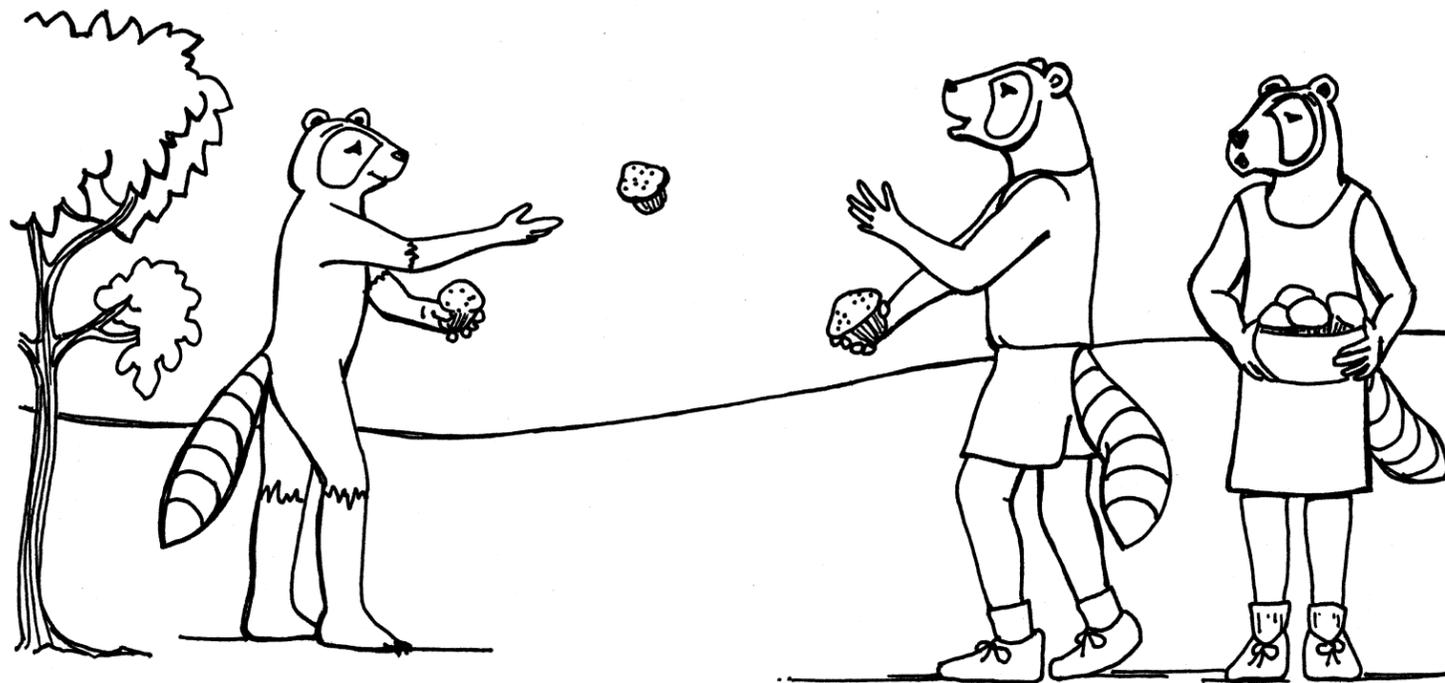
FUN TACO CUPS

1 pound ground beef
1 package taco seasoning
1 can refrigerated biscuit dough
½ cup shredded cheddar cheese

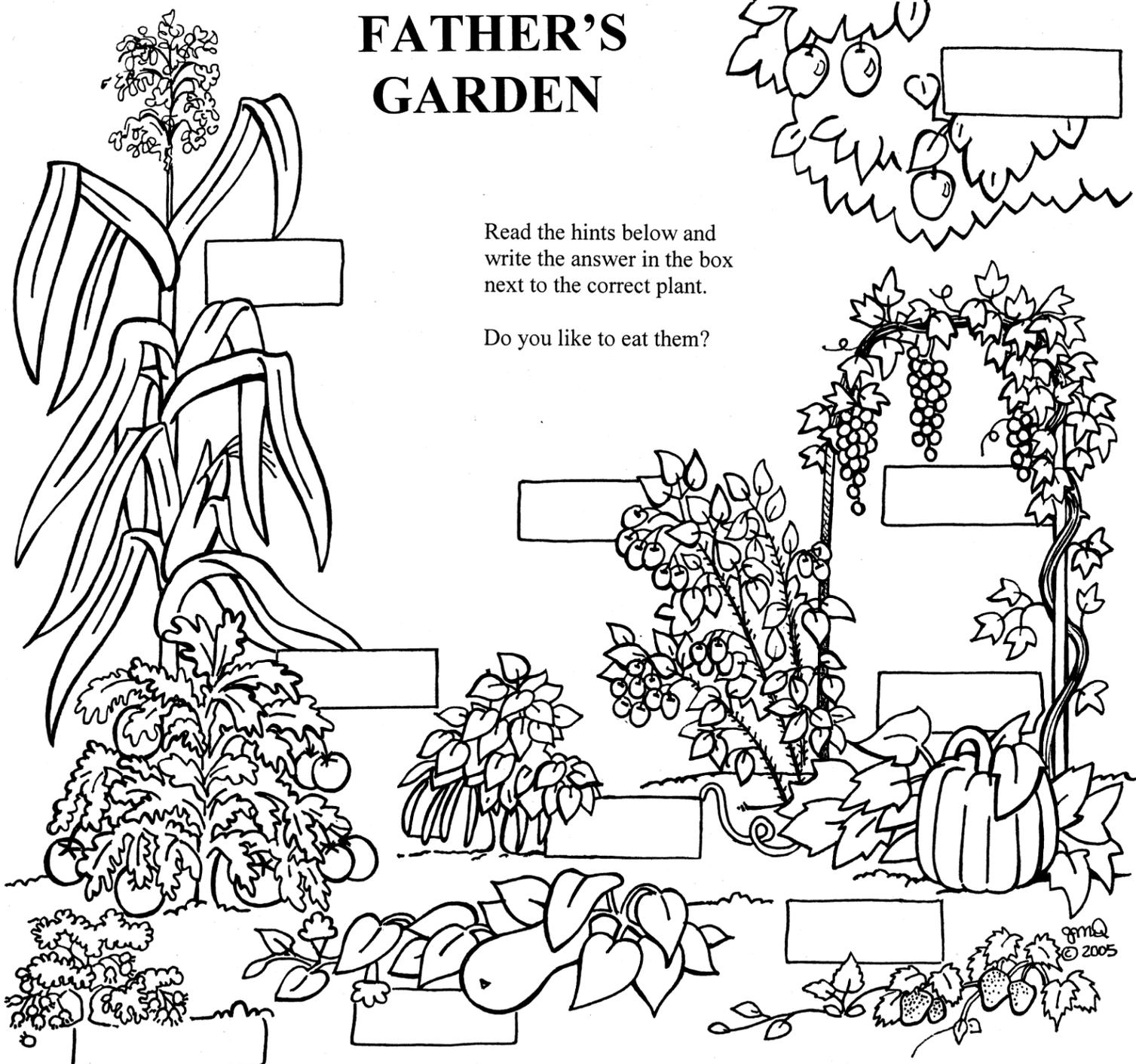
Optional: Salsa, sour cream and tomatoes

Preheat oven to 400 degrees. Brown beef and drain. Add seasoning mix; prepare as directed on package.
Press biscuits onto bottoms and up sides of 10 medium muffin pan cups; fill with meat.
Bake 15 minutes. Sprinkle with cheese. Bake an additional 2 to 3 minutes or until melted. Serve with salsa, tomatoes and sour cream if desired.

Round out the meal with fresh veggies and/or salad.



FATHER'S GARDEN



Read the hints below and write the answer in the box next to the correct plant.

Do you like to eat them?

- 1) I'm a small fruit, blue in color, often baked into pies.
- 2) I'm a tall vegetable with "silky hair".
- 3) I'm a red, softball-sized fruit often mistaken for a vegetable.
- 4) I'm a fruit that grows on trees. I keep the doctor away.
- 5) I'm a vegetable whose name has been sat upon.
- 6) I'm a red heart-shaped fruit that hides in the grass.
- 7) I'm a long, thin, green vegetable. I can grow in a bush or up a pole.
- 8) I'm a juicy fruit that likes to hang around in bunches.
- 9) I'm an orange vegetable that can grow very large by Halloween.
- 10) I'm a red berry that grows on "canes". I protect myself with thorns.

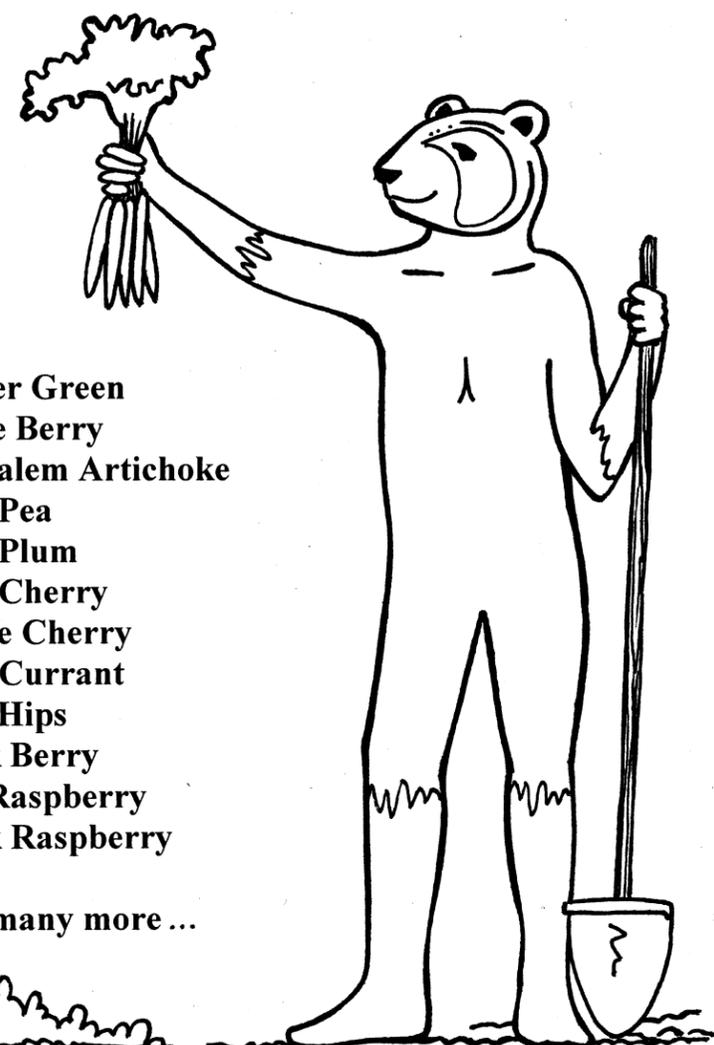
(Answers are on the last page)

NATIVE PLANTS USED FOR FOOD:

- Blueberries
- Highland Cranberry
- Grape
- Corn
- Wild Rice
- Wild Onion
- Wild Leek
- Bear Berry
- Wild Ginger
- Hazel Nut
- Thornapple
- Squash
- Pumpkin
- Wild Strawberry

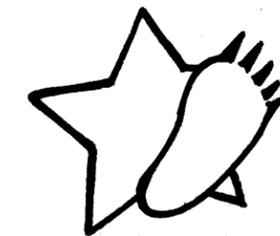
- Winter Green
- Goose Berry
- Jerusalem Artichoke
- Wild Pea
- Wild Plum
- Wild Cherry
- Choke Cherry
- Wild Currant
- Rose Hips
- Black Berry
- Red Raspberry
- Black Raspberry

And many more ...



Websites you can visit for more diabetes information:

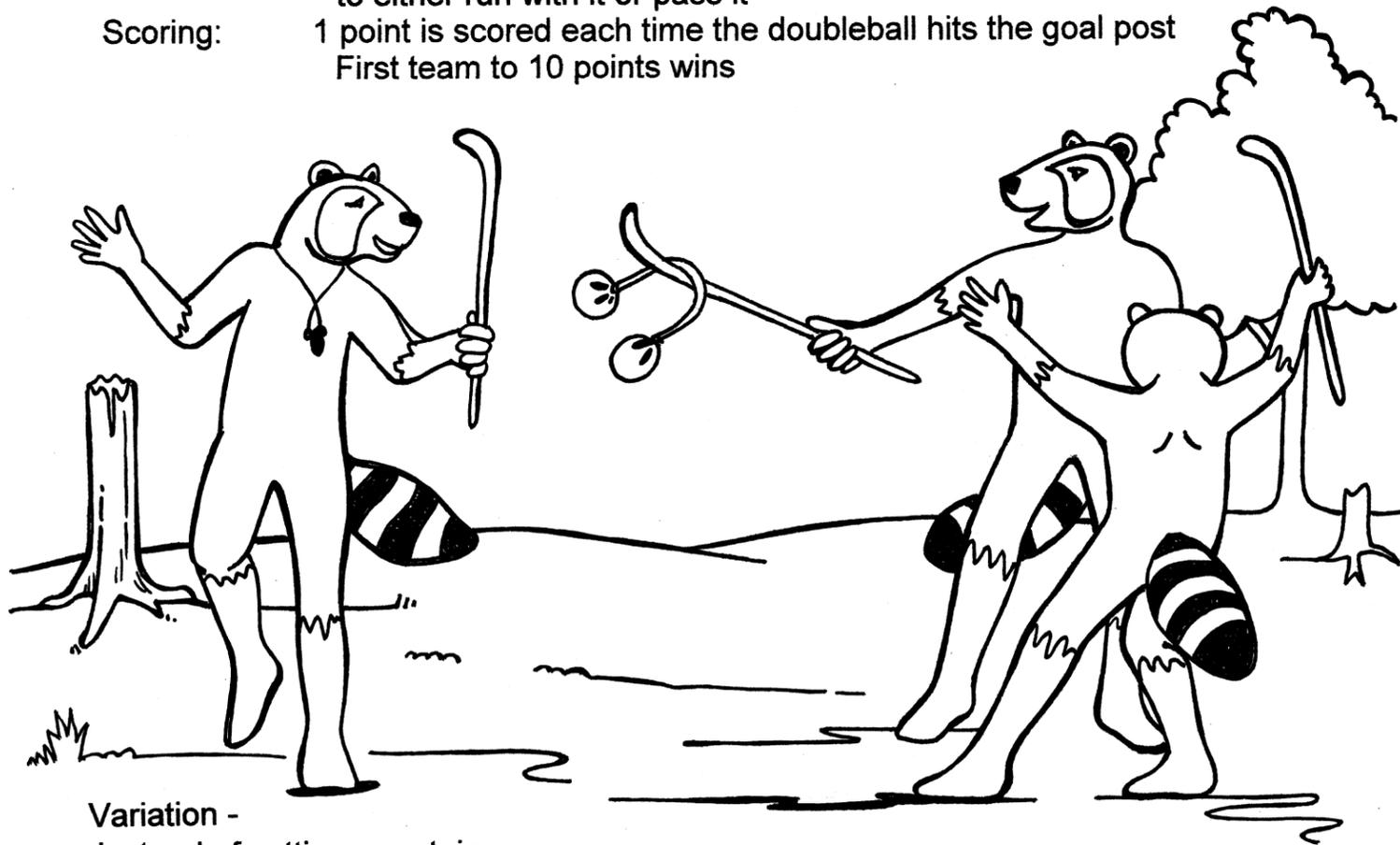
- www.fns.usda.gov/tn- TEAM Nutrition
- www.tn.fcs.MSU.edu- TEAM Nutrition Michigan
- www.diabetes.org
- www.childrenwithdiabetes.com
- www.all-health.biz/KidsHealth/Kids-Health-Games
- <http://superkids.com/aweb/tools/words/search>



Always ask to go online to visit various websites. It's polite, it's smart, and it can help keep you and your family SAFE!

DOUBLEBALL

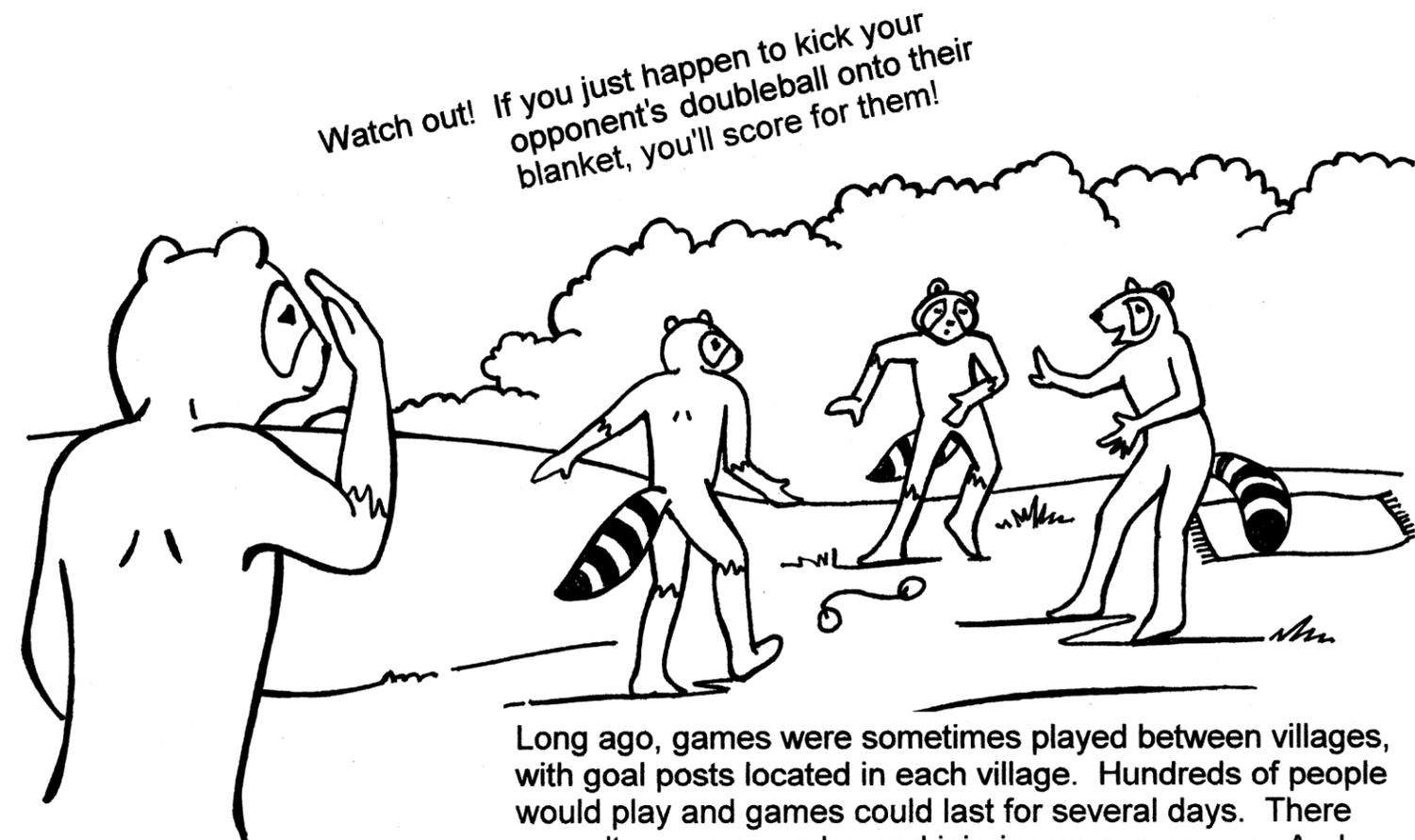
- Objective:** Working together, teammates carry and pass the doubleball down the field to the opponents' goal post and hit it. The opposing team tries to impede the players and intercept the doubleball so that they can score themselves.
- Equipment:** The doubleball (two balls linked together by a 1' length of rope)
A 3' long stick, slightly curved at one end
Safety equipment, such as eye protection, padded gloves, and helmets
- Teams:** Even number of players on two teams, any size
- Playing Field:** A clear area about the size of a basketball court (small teams) up to a field about the size of a football field (larger teams).
- Rules:** Limit body contact (none would be best but hard to enforce)
Limit stick-to-stick contact (especially deliberate hits to dislodge the doubleball)
Players with possession of the doubleball must be given some space to either run with it or pass it
- Scoring:** 1 point is scored each time the doubleball hits the goal post
First team to 10 points wins



Variation -
instead of setting a certain
number of points to win,
try setting a time limit instead

BLANKETBALL

- Objective:** Working together and using only their feet, teammates kick and toss a doubleball onto their team's blanket all the while trying to prevent the opposing team from doing the same. Since both teams are trying to score at the same time, players have to be on the defense and offense simultaneously.
- Equipment:** Doubleball, painted a different color for each team
Two small blankets, one for each team
- Teams:** Even number of players on two teams, any size
- Playing Field:** A clear area of nearly any size
- Rules:** Limit body contact
Players are not allowed to step on blanket
A goal is scored only when the whole doubleball comes to rest on the blanket
Players are allowed to kick either team's doubleball, but can only score with their own team's doubleball, on their own blanket
- Scoring:** 1 point for each time the team's doubleball lands on their blanket
First team to reach 10 points wins



Long ago, games were sometimes played between villages, with goal posts located in each village. Hundreds of people would play and games could last for several days. There weren't very many rules and injuries were common. And, being a spectator could be just as hard as a player!

HOOP AND ARROW

- Objective:** To stop a rolling hoop by throwing an arrow into it, all the while staying within a specified circle
- Equipment:** 3 - 4 foot long "arrows" with a blunt tip
Any size hoop (smaller ones are harder to hit)
- Players:** "Hoop Rollers" and "Throwers"
- Playing Field:** Any length of open, flat ground marked with a straight line
Along one side of the line draw small circles, 8 - 10 feet from the line, and 4' apart
- Rules:** One throw per player, per roll
One foot must remain inside the circle at all times
No one steps out of their circle until all arrows are thrown
Arrow must stay within the hoop after it stops
Once a point is scored, everyone rotates so that all get a chance to both roll the hoop and throw an arrow
- Scoring:** 1 point is awarded to the player whose arrow stops the hoop
Game continues until a pre-agreed upon score is reached

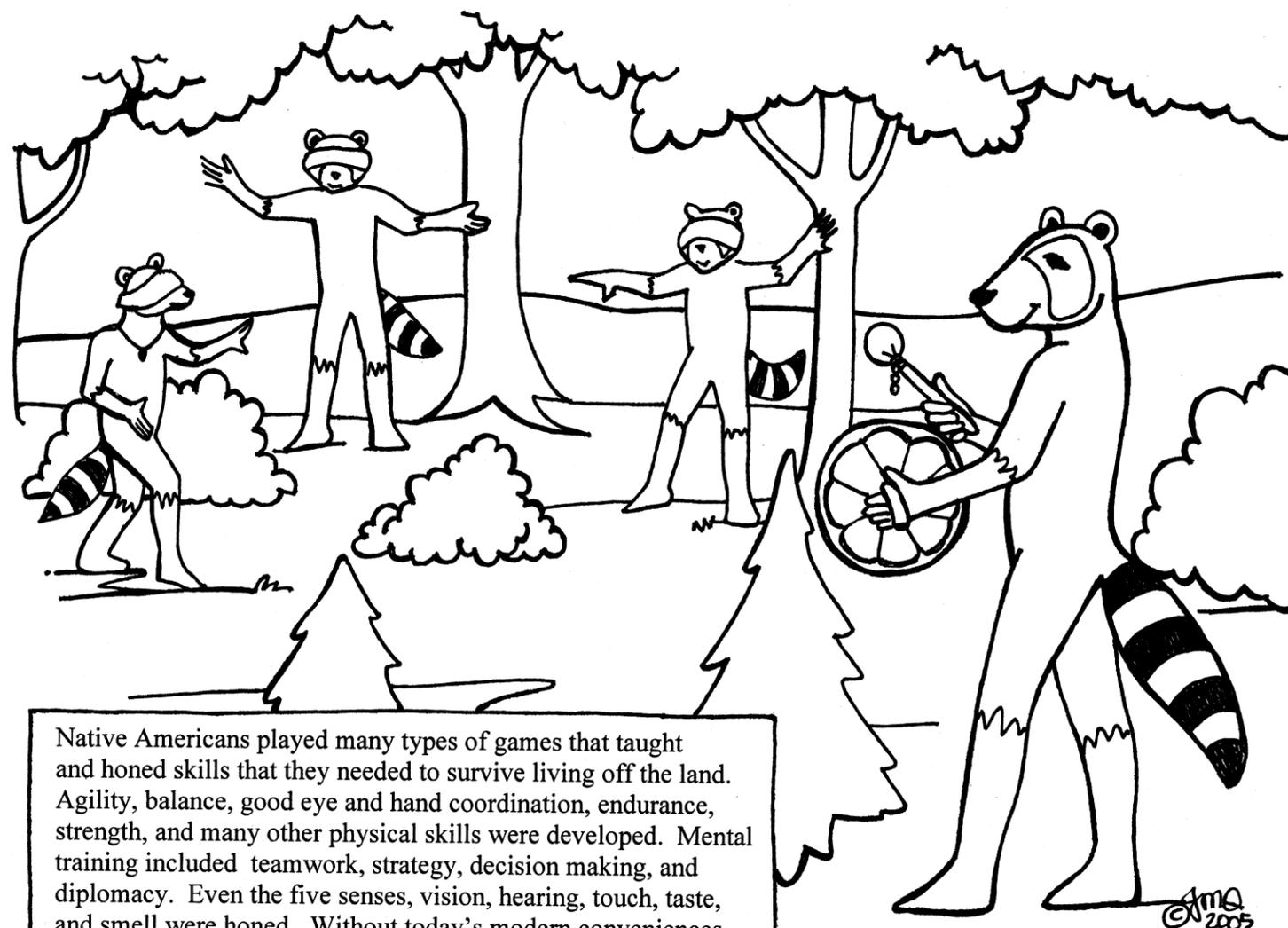
Variations - Use two hoop rollers at each end of the course and roll back and forth

Idea - for younger children use a foam "noodle" and a hula hoop

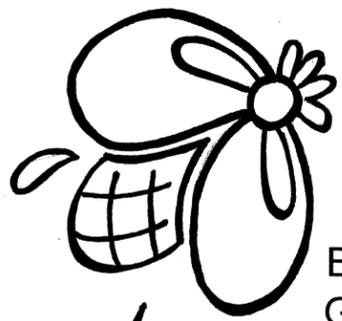


STALKING THE DRUM

- Objective:** Individual players are blindfolded, led off into a large playing area, and must then use their hearing to track and "catch the drum" being played by a drummer. There is no "winner", only a good feeling of accomplishment for each player
- Equipment:** Blindfold for each player
A hand drum
- Playing Field:** A large area, with or without objects to go around
- Rules:** Players must keep the blindfold on
Players shouldn't talk and disrupt the hearing of others
As each player "catches the drum" (or touches the drummer), they step aside and can take off their blindfolds
At first, the drummer can drum loudly and move around, but as players get closer, the drummer must slowly come to a stop and drum softer and not as often



Native Americans played many types of games that taught and honed skills that they needed to survive living off the land. Agility, balance, good eye and hand coordination, endurance, strength, and many other physical skills were developed. Mental training included teamwork, strategy, decision making, and diplomacy. Even the five senses, vision, hearing, touch, taste, and smell were honed. Without today's modern conveniences, these games were just PLAIN, HEALTHY FUN!



JOURNEY TOWARD WELLNESS

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



DIABETES
 GLUCOSE
 INSULIN
 NERVES
 RETINOPATHY
 EYES
 NEPHROPATHY

HEART
 KIDNEYS
 NEUROPATHY
 CELLS
 FEET
 HEART DISEASE
 PANCREAS

(Answers are on the LAST Page) →

Dreaming of Healthy Foods

a picture crossword...

To solve this Crossword, write the name of each food in its proper place in the grid.

List of words on last page!

Across:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9

Down:

- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17

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