

## **Additional Touchwood Agency Tribal Council Resources**

Anatomy apron

Set of 50 fun ideas for you and your family

Northern Activity Trail board game and pieces

Nutrition bingo game

Northern Food Guide card game

Recipes for healthy living (2)

Healthy Bites – a cooking kit for children

Fun and Food Flipchart

Learn With Food and Fun – activity and colouring booklet (5)

Kiingo, a first nations colouring book about diabetes

Pappa Bear Gets Diabetes – book

Native Foods and Nutrition – book

Teacher's Manual

We are Healthy and Strong – booklet

Diabetes dictionary

“We're all at risk!” – poster (2)

Nutrient bar graphs

Set of overhead transparencies on growth charts

CDC growth charts graphs

Table of calculated BMI values

Student data sheets on age, weight, height and BMI

“Healthy Fetal Type” Theory – research paper

Gestational diabetes brochures

Kiingo, “It Is Up To You” – video

Healthy Active Living – video

Have Fun N' Be Healthy – video

Learning About Diabetes – video

Taking Responsibilities to Heal Ourselves – video

Diabetes Treatment and Management – video