

Title	The Health Circuit
Target group	School children aged 8-12 years
Objectives	To teach children that diabetes can result from poor lifestyle choices and thereby stress the importance of good food and exercise habits. Make children think about diabetes on their own terms.
Main contents	Focus on eating healthy and staying active by means of four educational activities: A 'health castle' (competitive game); an inactive quiz (on diabetes, health, food and exercise); a 'mouth station' (good oral care by means of a huge mouth incl. related information); an interactive food pyramid (children assembling pieces together related to food categories and healthy living).
Staff - preparations and qualifications	<p>In case it does not exist already, it is necessary to prepare educational material about diabetes which is easy and attractive to children, such as stickers and so on. A medical advisor should also assist in the creation of the questions for the quiz, considering what is important for the children to learn.</p> <p>A team of school employees can be volunteers in running the activities and coordinate the kids during the competition.</p>
Time table	Almost 30 minutes for each activity must be considered, so the whole circuit will take 1 hour and a half. If you consider a break for eating or drinking something, you will need around 2 hours.
Key benefits/ evaluation	<p>The schools are interested in doing this activity on a regular basis.</p> <p>- Please click here to see a poster (in Portuguese) describing the initiative.</p>
Country	Brazil
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