

# WORLD DIABETES DAY

[http://www.eslHolidayLessons.com/11/world\\_diabetes\\_day.html](http://www.eslHolidayLessons.com/11/world_diabetes_day.html)

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## THE READING / TAPESCRIPT

World Diabetes Day (WDD) is celebrated every year on November 14. This is the birthday of Dr. Frederick Banting, one of the discoverers of insulin in 1922. WDD was created in 1991 by the International Diabetes Federation (IDF) and the WHO (World Health Organization). It became an official U.N. holiday in 2007. Millions of people around the world get together to raise awareness of diabetes. There are many campaigns that draw people's attention to the growing threat of diabetes. People in over 160 countries participate. A five-year project started in 2009 that has the slogan: "Diabetes Education and Prevention". The WDD logo is a blue circle. This symbolizes life and health. Blue is also the colour of the sky and the U.N. flag.

Diabetes is a very complicated disease. It is when the body cannot produce or use insulin - a hormone needed to convert sugar into energy necessary for daily life. It affects 250 million people worldwide, throughout their lives. Many sufferers live with diabetes from catching it as children. People with diabetes look after 95% of their own treatment - usually through several injections of insulin a day. Without insulin, people with diabetes would die. The IDF says diabetes is spreading around the world. There are over 300 million people at risk. In many cases, people can avoid diabetes. The disease affects those who are overweight, so eating healthily and exercising are very important.

## PHRASE MATCH

Match the following phrases from the article.

### Paragraph 1

- |                               |                       |
|-------------------------------|-----------------------|
| 1. celebrated                 | a. of insulin         |
| 2. one of the discoverers     | b. and health         |
| 3. an official U.N.           | c. the growing threat |
| 4. draw people's attention to | d. every year         |
| 5. A five-                    | e. holiday            |
| 6. This symbolizes life       | f. year project       |

### Paragraph 2

- |                              |                       |
|------------------------------|-----------------------|
| 1. a very complicated        | a. energy             |
| 2. convert sugar into        | b. at risk            |
| 3. It affects 250 million    | c. disease            |
| 4. several injections of     | d. who are overweight |
| 5. 300 million people        | e. people worldwide   |
| 6. The disease affects those | f. insulin a day      |

## LISTENING GAP FILL

World Diabetes Day (WDD) is \_\_\_\_\_ on November 14. This is the birthday of Dr. Frederick Banting, one of the discoverers of insulin in 1922. WDD \_\_\_\_\_ 1991 by the International Diabetes Federation (IDF) and the WHO (World Health Organization). It \_\_\_\_\_ U.N. holiday in 2007. Millions of people around the world get together to raise \_\_\_\_\_. There are many campaigns \_\_\_\_\_ attention to the growing \_\_\_\_\_. People in over 160 countries participate. A five-year project started in 2009 \_\_\_\_\_: "Diabetes Education and Prevention". The WDD logo is a blue circle. This symbolizes life and health. Blue is also the colour of the sky \_\_\_\_\_.

Diabetes is a very \_\_\_\_\_. It is when the body cannot produce or use insulin - a hormone needed \_\_\_\_\_ into energy necessary for daily life. It affects 250 million people worldwide, throughout their lives. Many \_\_\_\_\_ diabetes from catching it as children. People with diabetes \_\_\_\_\_ of their own treatment - usually through \_\_\_\_\_ insulin a day. Without insulin, people with diabetes would die. The IDF says diabetes is spreading \_\_\_\_\_. There are over 300 million people at risk. In many cases, people \_\_\_\_\_. The disease affects those who are overweight, so \_\_\_\_\_ and exercising are very important.

## WHILE READING / LISTENING GAP FILL

**Put the words into the gaps in the text.**

World Diabetes Day (WDD) is celebrated every year on November 14. This is the birthday of Dr. Frederick Banting, one of the \_\_\_\_\_ of insulin in 1922. WDD was \_\_\_\_\_ in 1991 by the International Diabetes Federation (IDF) and the WHO (World Health Organization). It became an \_\_\_\_\_ U.N. holiday in 2007. Millions of people around the world get \_\_\_\_\_ to raise awareness of diabetes. There are many campaigns that \_\_\_\_\_ people's attention to the growing \_\_\_\_\_ of diabetes. People in over 160 countries participate. A five-year project started in 2009 that has the \_\_\_\_\_: "Diabetes Education and Prevention". The WDD logo is a blue circle. This symbolizes \_\_\_\_\_ and health. Blue is also the colour of the sky and the U.N. flag.

*together*  
*threat*  
*discoverers*  
*life*  
*official*  
*slogan*  
*created*  
*draw*

Diabetes is a very \_\_\_\_\_ disease. It is when the body cannot produce or use insulin - a hormone needed to \_\_\_\_\_ sugar into \_\_\_\_\_ necessary for daily life. It affects 250 million people worldwide, throughout their lives. Many \_\_\_\_\_ live with diabetes from \_\_\_\_\_ it as children. People with diabetes look after 95% of their own treatment - usually through \_\_\_\_\_ injections of insulin a day. Without insulin, people with diabetes would die. The IDF says diabetes is \_\_\_\_\_ around the world. There are over 300 million people at risk. In many cases, people can avoid diabetes. The disease affects those who are overweight, so eating \_\_\_\_\_ and exercising are very important.

*convert*  
*sufferers*  
*several*  
*spreading*  
*complicated*  
*healthily*  
*energy*  
*catching*

## CHOOSE THE CORRECT WORD

Delete the wrong word in each of the pairs of *italics*.

World Diabetes Day (WDD) is celebrated every year on November 14. This is the birthday of Dr. Frederick Banting, one of the *discoveries / discoverers* of insulin in 1922. WDD *was / has* created in 1991 by the International Diabetes Federation (IDF) and the WHO (World Health Organization). It became an *officially / official* U.N. holiday in 2007. Millions of people around the world get *joined / together* to raise awareness of diabetes. There are many campaigns that *sketch / draw* people's attention to the growing *threat / threaten* of diabetes. People in over 160 countries participate. A five-year project started in 2009 that *has / have* the slogan: "Diabetes Education and Prevention". The WDD logo is a blue circle. This *symbolic / symbolizes* life and health. Blue is also the colour of the sky and the U.N. flag.

Diabetes is a very *complication / complicated* disease. It is when the body cannot produce or use insulin - a hormone needed *for / to* convert sugar into energy necessary for daily *live / life*. It affects 250 million people *global / worldwide*, throughout their lives. Many sufferers live with diabetes from *caught / catching* it as children. People with diabetes look after 95% of their own treatment - usually through several injections of insulin a *day / daily*. Without insulin, people with diabetes would die. The IDF says diabetes is spreading around the world. There are over 300 million people at *risky / risk*. In many cases, people can avoid diabetes. The disease affects those who are overweight, so eating healthily and exercising *is / are* very important.

## MULTIPLE CHOICE

World Diabetes Day (WDD) is celebrated every year on November 14. This is the birthday of Dr. Frederick Banting, one of the (1) \_\_\_\_\_ of insulin in 1922. WDD (2) \_\_\_\_\_ created in 1991 by the International Diabetes Federation (IDF) and the WHO (World Health Organization). It became an (3) \_\_\_\_\_ U.N. holiday in 2007. Millions of people around the world (4) \_\_\_\_\_ together to raise awareness of diabetes. There are many campaigns that draw people's attention to the (5) \_\_\_\_\_ threat of diabetes. People in over 160 countries participate. A five-year project started in 2009 that has the slogan: "Diabetes Education and Prevention". The WDD logo is a blue (6) \_\_\_\_\_. This symbolizes life and health. Blue is also the colour of the sky and the U.N. flag.

Diabetes is a very complicated disease. It is when the body cannot produce or (7) \_\_\_\_\_ insulin - a hormone needed to (8) \_\_\_\_\_ sugar into energy necessary for daily life. It affects 250 million people worldwide, throughout their lives. Many sufferers live with diabetes from (9) \_\_\_\_\_ it as children. People with diabetes look after 95% of their own treatment - usually through several injections of insulin a day. Without insulin, people with diabetes would (10) \_\_\_\_\_. The IDF says diabetes is spreading around the world. There are over 300 million people at (11) \_\_\_\_\_. In many cases, people can avoid diabetes. The disease affects those who are overweight, so eating healthily and exercising (12) \_\_\_\_\_ very important.

### Put the correct words from this table into the article.

- |     |                |                 |                 |                |
|-----|----------------|-----------------|-----------------|----------------|
| 1.  | (a) discovery  | (b) discoverers | (c) discoveries | (d) discovered |
| 2.  | (a) was        | (b) be          | (c) were        | (d) has        |
| 3.  | (a) officially | (b) office      | (c) officials   | (d) official   |
| 4.  | (a) get        | (b) do          | (c) take        | (d) be         |
| 5.  | (a) growth     | (b) grown       | (c) growing     | (d) grows      |
| 6.  | (a) circular   | (b) circled     | (c) circles     | (d) circle     |
| 7.  | (a) use        | (b) useless     | (c) useful      | (d) used       |
| 8.  | (a) conversion | (b) converter   | (c) convert     | (d) converts   |
| 9.  | (a) caught     | (b) catches     | (c) catch       | (d) catching   |
| 10. | (a) death      | (b) die         | (c) dead        | (d) dying      |
| 11. | (a) risky      | (b) risk-free   | (c) risk        | (d) risking    |
| 12. | (a) is         | (b) are         | (c) be          | (d) were       |

## SPELLING

Spell the jumbled words (from the text) correctly.

### Paragraph 1

1. bcedtleaer every year
2. the eerivcrdsso of insulin
3. an ailffoci U.N. holiday
4. many siacgpmna
5. A five-year jcrpeto started
6. a blue lrceci

### Paragraph 2

7. a very complicated sadiees
8. convert sugar into yenrge
9. coesinjtin of insulin
10. nriaedpgs around the world
11. divoa diabetes
12. eating ihtaylehl

## PUT THE TEXT BACK TOGETHER

Number these lines in the correct order.

- ( ) catching it as children. People with diabetes look after 95% of their own treatment – usually through several injections of insulin
- ( ) Diabetes is a very complicated disease. It is when the body cannot produce or use
- ( ) affects those who are overweight, so eating healthily and exercising are very important.
- ( ) a day. Without insulin, people with diabetes would die. The IDF says diabetes is spreading
- ( ) insulin - a hormone needed to convert sugar into energy necessary for daily life. It affects
- ( ) threat of diabetes. People in over 160 countries participate. A five-year project started in 2009 that has the
- ( ) (World Health Organization). It became an official U.N. holiday in 2007. Millions of people around the world get
- ( ) 250 million people worldwide, throughout their lives. Many sufferers live with diabetes from
- ( **1** ) World Diabetes Day (WDD) is celebrated every year on November 14. This is the birthday of Dr. Frederick Banting, one of the
- ( ) discoverers of insulin in 1922. WDD was created in 1991 by the International Diabetes Federation (IDF) and the WHO
- ( ) health. Blue is also the colour of the sky and the U.N. flag.
- ( ) together to raise awareness of diabetes. There are many campaigns that draw people’s attention to the growing
- ( ) slogan: “Diabetes Education and Prevention”. The WDD logo is a blue circle. This symbolizes life and
- ( ) around the world. There are over 300 million people at risk. In many cases, people can avoid diabetes. The disease

## SCRAMBLED SENTENCES

With a partner, put the words back into the correct order.

1. the of of discoverers insulin One.

---

2. official an became It 2007 in holiday . U.N.

---

3. to together Get diabetes of awareness raise.

---

4. threat growing the to attention people's Draw.

---

5. the colour Blue of is the also sky.

---

6. is very disease Diabetes a complicated.

---

7. into needed energy to convert A sugar hormone.

---

8. people affects million worldwide It 250.

---

9. are at over risk 300 million There people.

---

10. very are exercising and healthily Eating important.

---

**DISCUSSION (Write your own questions)**

**STUDENT A's QUESTIONS (Do not show these to student B)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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**DISCUSSION (Write your own questions)**

**STUDENT B's QUESTIONS (Do not show these to student A)**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# THE WORLD DIABETES DAY SURVEY

Write five questions about World Diabetes Day in the table. Do this in pairs/groups. Each student must write the questions on his / her own paper.

Without your partner, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

**Return to your original partner(s) and share and talk about what you found out. Make mini-presentations to other groups on your findings.**



## HOMEWORK

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find more information about World Diabetes Day. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about World Diabetes Day. Write about what happens around the world. Include two imaginary interviews with people who did something on this day.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. POSTER:** Make your own poster about World Diabetes Day. Write about will happen on this day around the world.

Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.