

Maze mission

Can you find your way around this maze to open the Christmas presents at the end?

START
HERE

You've been invited to some parties by your classmates, but are worried that you can't go or eat any of the yummy food. Do you:

- a) Go to as many parties as you like, join in all the games and eat the party food – even if it isn't that healthy, as you can still have it as a special treat? (Turn left.)
- b) Say no to all the parties because of your diabetes? (Turn right.)

Your best friend has given you a chocolate advent calendar. Do you:

- a) Tell her that you'd better not have it because it isn't labelled as 'suitable for diabetics'? (Turn right.)
- b) Take it and thank her, as you can eat small amounts of normal chocolate as a treat, and it probably tastes much nicer. 'Diabetic' chocolate can still affect your levels and may cause an upset tummy if you eat too much. (Turn left.)

Grandma and Grandad have invited you and the family over for Christmas dinner, but they are not sure what you can eat. Do you:

- a) Eat a big Christmas roast with all the trimmings and even have second helpings of pudding, as your diabetes doesn't mean you have to stop enjoying yourself? (Turn right.)
- b) Have to eat 2–3 tablespoons of Brussels sprouts and skip some of the trimmings, as well as Christmas pudding? (Turn left.)

well done!