



# SFBLF School Tours

FIGHTING DIABETES and PRESERVING A LEGACY



## School tours of the Diabetes Management & Education Centre (DMEC) at the Banting Homestead Heritage Park, Alliston, Ontario

Elementary and High School groups of up to 50 students can travel back in time at the birthplace of Sir Frederick Grant Banting, co-discoverer of insulin. Students will learn about Banting's life and work and how his legacy continues today; the insulin discovery story – Canada's gift to the world; how to reduce personal risk of contracting Type 2 diabetes; and see related exhibits from our Banting Legacy Collection.

### Curriculum Connections (grades 4 to 12)

The program is designed to complement expected curriculum outcomes. Content emphasis is varied to be age-appropriate and to accommodate different subject matter needs, e.g.,

- \* how to reduce risk/delay the onset of Type 2 diabetes. (health, active living, phys ed)
- \* the impact of diabetes on families and the economy (citizenship, culture and caring)
- \* how lessons of the past can influence future capability (science, history, heritage)
- \* how a Canadian medical team contributed to worldwide medical expertise, and a sustained result that has saved millions of lives (science, health, history, Canadian identity, citizenship)
- \* challenges of moving discoveries into practice (science, economics)
- \* the importance of individual responsibility in enhancing personal health (nutrition, health)

### The free 3 hour tour includes:

Brief exercise session (in good weather) to emphasize the value of exercise in reducing Type 2 risk.

Information session supported with multi-media covering the area(s) of interest.

Team-based scavenger hunt through the historic farmhouse and exhibits in search of answers to questions supplied.

Q&A session to review information gathered during the scavenger hunt and to obtain student feedback on how to improve the experience

Token prizes for winning team and all participants

Take-away information for follow-up discussions back at school.



### DMEC Complex at BHHP (with barrier-free access)

#### Presentation Support Technology

- \* video clips, audio clips
- \* artifacts, paintings, prints, digital/photo images, newspapers, "Did you know?", 'period' furniture

#### Banting Legacy Trail

This walking trail surrounds the 5 acre building envelope and includes exterior exercise equipment, exterior musical instruments, exterior information exhibits and a picnic area.



### Tour Times and Scheduling

Tours can be scheduled between 8:30 am and 4:00 pm year round excluding Sundays and mid-Dec to mid-Jan.

Groups that bring packed lunches can use our picnic area in good weather.

[Transportation subsidies available]

For more information or to book a tour,

email: [kait@bantinglegacy.ca](mailto:kait@bantinglegacy.ca)

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### DID YOU KNOW?

Sir Frederick Banting's ingenuity spanned many disciplines. Examples of his paintings and sketches are on display at the homestead