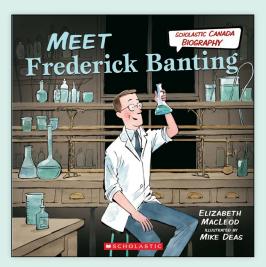
MEET AMAZING ADVOCATES, INNOVATORS AND ATHLETES!



Canada is home to many incredible people who have made the world a better place. Reading about them helps kids learn about our history, and instills a sense of pride. And the stories of these trailblazers are fascinating!



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Also available in French-

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Meet Frederick Banting

- **1.** What are 5 things Fred might have carried in his doctor's bag?
- **2.** Draw a picture of Fred and Charley working in their lab.
- **3.** Fred won Canada's first ever Nobel Prize. Find out about other Canadian winners, such as Prime Minister Lester B. Pearson, physicist Donna Strickland or chemist John Polanyi. Pick one and explain how their work changed the world we live in today.
- **4.** Imagine Fred is visiting your school and you get to introduce him to all the students. Write a speech that will tell students what they need to know about him.
- **5.** Imagine you're Fred. Write a poem describing how you feel about discovering insulin and how it will affect the lives of people with diabetes.
- **6.** Fred has been on two Canadian postage stamps. (Insulin has had its own stamp too!) Create your own stamp or statue of Fred. Be sure to add details so people know what he achieved.
- **7.** Go to historicacanada.ca to watch a video about the discovery of insulin. What surprised you or interested you the most?

A note from the author:

I live near Mount Pleasant Cemetery in Toronto, Ontario, where Fred and Charley Best are buried. I'm touched every time I walk by Fred's headstone to see Canadian flags, special rocks and fresh flowers placed there. Other times, there are people carefully reading it. It reminds me that so many people are alive today because of Fred and that he is still a very important person to many.

(You can see Fred's headstone at findagrave.com/memorial/2129/frederick-grant-banting — see the flag and rocks?)

Find more books, teacher's guides, activities, facts and fun stuff at schol.ca/x/biography

