

**Goals of Diabetes Lesson Plans**

**10-11 years**

**Food for Life**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 10-11y** |
| **Topic: Food and eating away from home**  **Delivered by Dietitian** |  |
| **Title of session:**  **Food for Life** | **Timing of session:**  **Approx 25 mins** |

**Aim of session:**

Understand the role of food for healthy living, how to eat a healthy diet

Learn about different types of carbohydrate

Practice counting carbohydrate

**Learning Objectives:**

Do I know what to eat and how often?

Can I describe the elements of a healthy balanced meal?

How often should I eat sweets/chocolate and when is the best time?

Can I recognise foods and drinks containing carbohydrate?

Can I count carbohydrate foods?

Sharing strategies for eating away from home

**Assessment for Learning (AfL) activities built into session:**

Draw/describe a healthy meal and explain choices

Identify carb source in a variety of foods (sucrose, fructose, lactose, starch)

Problem solving eating away from home

**Evaluation activities to be built into session:**

RAG cards: how much did you understand today?

**Materials/resources needed:**

Eat Well Guide picture (DoH)

Food models/magnets/Pictures

Paper plates + drawing materials

Flashcards – sucrose/fructose/lactose/starch

Carb counting food labels/ Carbs and Cals

Access to DigiBete Goals of Diabetes food Videos

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 2 mins  5 mins | Q: Why do we eat food? Ask children for ideas  Tastes nice/helps you grow/keeps you strong or healthy/be together with family and friends/keeps you well/gives you energy to play or learn  Q: How often should we eat food?  At least 3 meals/day, definitely BF. Not constant snacking  Some of the foods we eat are more healthy than others. They keep our bodies healthy on the inside  Using paper plates, draw/colour an example of what you think would be a healthy meal  Share and explain your choices to the group  Explain why the meals chosen by children are healthy (or not) and the job they do in the body for health. Relate to other similar foods | Listen to verbal responses  Eat Well Guide  Paper plates, drawing materials  Listen to responses |
| 2 mins  1 min  3 mins  3 mins  2 mins | Some of these foods and drinks contain carbohydrate which causes your BG to rise. These foods are matched with insulin to bring BG down. What are some different types of carb foods?  With the person next to you, write a list of as many carb foods you can think of in the next 60 seconds:  Review lists and explain  Carbohydrate can be sugary (sweets), starchy (bread) or natural sugar (fruit, milk) – do you know the names of these different types of carbs? Verbally pair flashcards with food examples when explaining  Game: Show picture/model of different carb food - children decide which type of carbs it is by showing flashcards  Aim 8-10 pictures  Counting carbs:  Working in pairs give a variety of different food labels – some easy, some more difficult e.g. per 100g only  Use of Carbs and Cals book visually, but state parents may weigh food at home  Q When might you use this book?  E.G. On a sleepover, school residential  Q: When might you not have parents with you – might need to carb count for yourself?  E.G. school lunch, sleepover, staying with grandparents or other family, school residential | Eat Well Guide  Listen to responses of examples  Paper and list  Flashcards with SUCROSE, LACTOSE, FRUCTOSE and STARCH for each person  Food models/ pictures/magnets for carb foods  Pre-selected food labels for variety of foods with varying complexity  Calculators  Carbs and Cals books  Listen to responses.  Discuss book vs app |
| 5 mins | Summary:  Watch G of D DigiBete 10-11 Food and eating away from home videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  How much have you understood today? | Red – not much  Amber – some  Green - most |