

**Goals of Diabetes Lesson Plans**

**12-13 years**

**Food for Life**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 12-13y** |
| **Topic: Food and eating away from home**  **Delivered by Dietitian** |  |
| **Title of session:**  **Food for Life** | **Timing of session:**  **Approx 37 mins** |

**Aim of session:**

Develop understanding the role of food for healthy living, nutrients for growth

Improve understanding of food labels for healthy food choices

Practice counting carbohydrate

Understand that all carbohydrates are not the same (GI)

**Learning Objectives:**

Can I describe the elements of a healthy balanced meal?

Do I know which nutrients are important for growth and which foods contain them (carbs, protein, iron, calcium)?

Can I interpret food labels for health?

Can I count carbohydrates with different resources?

Do I know that different CHO foods have different effects on BG?

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

Verbalise elements of healthy meal and WHY

Identify foods containing nutrients for growth

Worksheet for calculating carbs from labels/weighing foods

Identifying low and high GI foods

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

One new thing I learned today

**Materials/resources needed:**

Eat Well Guide picture (DoH)

Food models/magnets/Pictures (including protein, iron, calcium)

Food labels (containing traffic light labelling)

Carbs and Cals, weighing scales x 3, calculators

Carb food for weighing (e.g. cereals, fruit, bread roll, cooked rice/pasta)

Access to DigiBete Goals of Diabetes food Videos

Example carbs worksheet (red content are instructions for educators, not to be included on final worksheet)

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| **Foods** | **Amount of Carbs (g)** |
| ½ pizza (from a food label provided) |  |
| 2 biscuits (from a food label provided) |  |
| Xg weight of cooked pasta (Carbs and Cals pic) |  |
| Xg weight of mashed potato (Carbs and Cals pic) |  |
| Weight out 45g cereal (provide cereal and bowl, Carbs and Cals to compare pic) |  |
| Weigh out fruit portion (provide fruit, Carbs and Cals to compare pic) |  |
| Weigh bread roll (provide bread roll, Carbs and Cals pic to compare pic) |  |
| If you were going to McDonalds with your friends, how would you work out the carbs in your food choices?  (discuss in store info + website info) |  |
| If you were going to Gregg’s or Subway with your friends, how would you work out the carbs in your food choices?  (website info) |  |

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 4 mins  3 mins  5 mins | With the person next to you, describe what would be included or excluded in a healthy diet?  Feedback each pair to group   * Fruit and veg * Carbs and proteins * Dairy * Healthy fats * Fibre/roughage * Not too many sweets * Not too much salt   WHY are these nutrients important:   * For growth * To protect heart, blood vessels * For healthy gut * To reduce blood pressure * Strong bones * Iron – growth, not tired   Which foods contain these good nutrients?  Group task: from selection of pictures ask them to pick out foods containing each nutrient – one at a time   * Fibre, fruit and veg * iron * calcium * healthy fats | Listen to responses – feedback as pairs  Use Eat well guide pictures as prompts  Write responses on flipchart – add to them to include all elements listed  Food models/pictures/magnets of a wide variety of different foods containing:  High fibre carbs, fruit and veg (fibre, vits and mins)  Cereals, red meat, eggs, green veg, baked beans (iron)  Dairy (calcium)  Healthy spreads, oily fish, avocado, nuts (healthy fats)  Listen to responses |
| 3 mins  2 mins | Who looks at food labels? For health purposes as well as carb counting  Relate Traffic Light labelling to nutrients above  Who uses food labels for carb counting?  Who uses Carbs and Cals for carb counting?  Who weighs food for carb counting?  Who uses websites for carb counting? | Selection of pre-selected TL food labels showing a variety of nutrient contents  Individual show of hands |
| 7 mins | In pairs:  Give worksheet for carb counting using different methods for carb counting (example attached)  Pairs to complete worksheet with supervision/assistance from educator | Printed worksheet  Pre-selected food labels  Carbs and Cals books  Weighing food scales for each small group  Different carb foods |
| 7 mins | Q: Has anyone heard of the words Glycaemic Index or GI?  Q: Does anyone know what it means? (slow, medium, fast acting carbs)  Q: Which do you think are better for BG – low or high foods?  Not all high foods are unhealthy and not all low foods are healthy. Depends on how much work your body has to do to digest the food  Group task:  Educator to show examples of low, medium, high GI foods, ask YP to guess which they are with flashcards  Educator to explain answers after each food (6-8 foods) | Use visual of low vs high GI graph to illustrate responses  Flashcards of high (fast), medium, low (slow) |
| 5 mins | Summary:  Watch G of D DigiBete 12-13y Food videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 1 min | Evaluation:  One new thing you have learned today | Post-it-notes |