

**Goals of Diabetes Lesson Plans**

**6-7 years**

**Food for Life**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 6-7y** |
| **Topic: Food**  **Delivered by Dietitian** |  |
| **Title of session:**  **Food for Life** | **Timing of session:**  **Approx 22 mins** |

**Aim of session:**

Understanding the role of food for healthy living, different food groups

Identify which foods contain carbohydrate

Positive relationship with food

**Learning Objectives:**

Know what to eat and how often

Describe a healthy meal or snack

Recognise foods and drinks containing carbohydrate

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

Pick out favourite or healthy foods from a variety of pictures

Listen to children’s responses about why we eat food

Pick out foods that contain carbohydrate by movement game

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

Partner talk (peer assessment)

Can I make good food choices?

Can I describe a healthy meal or snack?

Can I recognise food and drinks with carbohydrate?

Thumbs up, thumbs middle, thumbs down

**Materials/resources needed:**

Eat Well Guide picture (DoH)

Food models/magnets/Pictures

Access to Digibete Goals of Diabetes Videos

Yes/No circles (Runaround now!)

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 1 min  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  Some of the foods we eat are more healthy than others. They keep our bodies healthy on the inside  From a selection of pictures pick out a healthy food you like to eat  Explain why the foods chosen by children are healthy (or not) and the job they do in the body. Relate to other similar foods  Q: how many meals a day should we eat? Ask children  3 meals and some healthy snacks - definitely breakfast, lunch, tea  Tell the person next to you something new you have learned so far | Listen to responses  Food models/pictures/magnets of a wide variety of healthy/unhealthy foods  Eat Well Guide to group similar foods together  Listen to responses  Partner children up with child or staff |
| 2 mins  3 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  Carbohydrate can be sugary (sweets), starchy (bread) or natural sugar (fruit, milk)  Game: Show picture/model of food - children decide whether contains carbs or not by moving to correct area  Pictures should be a mix of carbs/non carb foods and mixed to allow movement between circles/areas  (include fruit, dairy, sugary, starchy, protein, veg, salad)  Aim 8-10 pictures | Two defined areas of the room - opposite sides or circles on the floor. One for carbs, one for no carbs (count or not count) |
| 5 mins | Summary:  Watch G of D DigiBete 6-7 Food videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 3 min | Evaluation:  Who can name a healthy food?  Who can explain why that food is healthy?  Can you each name a food or drink that will raise your BG and needs insulin?  How much have you understood today? | Simple explanations from children  Thumbs up - all  Thumbs middle - some  Thumbs down - none |