

**Goals of Diabetes Lesson Plans**

**8-9 years**

**Food for Life**

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| **Goals of Diabetes Lesson Plans** | **Age Group: 8-9y** |
| **Topic: Food****Delivered by Dietitian** |  |
| **Title of session:****Food for Life** | **Timing of session:****Approx 27 mins** |

**Aim of session:**

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

Understand why eat more fruit and veg

Identify which foods/drinks contain carbohydrate

How to plan for a sleepover

**Learning Objectives:**

Know when to eat and how often

How many portions of fruit and veg

Can I recognise foods and drinks containing carbohydrate

Can I recognise drinks that are carbohydrate free

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

Pick out healthy foods from a variety of pictures

What is a portion of fruit or veg quiz

Pick out foods that contain carbohydrate from a selection

Pick out carb free drinks from a selection

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

Partner talk (peer assessment)

Red, amber green visual cards

How much did you understand about today? All = green, some = amber, not much = red

**Materials/resources needed:**

Eat Well Guide picture (DoH)

Food models/magnets/Pictures

Fruit and veg portions pictures

Drinks pictures or empty containers

Flipchart + pens

Access to DigiBete Goals of Diabetes Videos

RAG visual cards

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| **Time** | **Session Content/Taught Content** | **Resources Needed** |
| 1 min2 mins5 mins2 mins2 mins | Q: Why do we eat food? Ask children for ideasTastes nice/helps you grow/keeps you strong or healthy/be together with family and friends/keeps you well/gives you energy to play or learnSome of the foods we eat are more healthy than others. They keep our bodies healthy on the insideFrom a selection of pictures pick out a healthy food you like to eatExplain why the foods chosen by children are healthy (or not) and the job they do in the body. Relate to other similar foodsTalk to the person next to you about other foods you like and whether you think they are healthy or unhealthy and why – educators to listen to conversationsQ: how many meals a day should we eat? Ask children3 meals and some healthy snacks - definitely breakfast, lunch, teaQ How many portions of fruit and veg should we eat a day?Why?Educator to explain protective role of fruit and vegHow big is a portion?What counts as a portion – too small, OK, too big picturesA handful = a portion  | Listen to responsesFood models/pictures/magnets of a wide variety of healthy/unhealthy foodsEat Well Guide to group similar foods togetherListen to responsesPictures of different portions:A single pea/grape/cherry tom/sprout = too smallAn apple/ a carrot/ 2-3 sprigs broccoli/box of raisins/spoonful peas =OKA watermelon/ large banana/lots of grapes/whole lettuce = too big |
| 1 min3 mins | Some of these foods and drinks contain carbohydrate which causes your BG to rise. These foods are matched with insulin to bring BG downCarbohydrate can be sugary (sweets), starchy (bread) or natural sugar (fruit, milk)Game: Which of these foods contain carbohydrate and would raise your BG, would need to be counted and matched with insulin(include fruit, dairy, sugary, starchy, protein, veg, salad)Aim 8-10 picturesEducator to clarify responses | Use red, amber, green cards raised in response to different pictures or models of different foodsRed = no carbsAmber = not sureGreen = contains carbs, needs insulin |
| 2 mins2 mins | Group or pairs taskProvide with a selection of drinks pictures or empty containers – which drinks can you drink freely without affecting your BG?Mention effect on teeth even if no sugar!Q: Who has been on a sleepover at someone else’s house?What would be important to do before you go? | Assorted pictures or empty containers of carb free and carb containing drinksSort the pictures or containers into 2 pilesVerbalise answers and list preparations on flip chart |
| 5 mins | Summary: Watch G of D DigiBete 8-9 Food videos to summarise and revise tasks | Access to website with screen + projector/tablets/laptops |
| 2 min | Evaluation:How many portions of fruit and veg should we eat?Can you each name a food that contains a type of carbohydrate?How much have you understood today? | Individual answersGreen - allAmber - some Red – not much |