

**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 min  2 mins  5 mins  2 mins  2 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  Talk 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 conversations  Q: how many meals a day should we eat? Ask children  3 meals and some healthy snacks - definitely breakfast, lunch, tea  Q How many portions of fruit and veg should we eat a day?  Why?  Educator to explain protective role of fruit and veg  How big is a portion?  What counts as a portion – too small, OK, too big pictures  A handful = a portion | 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  Pictures of different portions:  A single pea/grape/cherry tom/sprout = too small  An apple/ a carrot/ 2-3 sprigs broccoli/box of raisins/spoonful peas =OK  A watermelon/ large banana/lots of grapes/whole lettuce = too big |
| 1 min  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: 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 pictures  Educator to clarify responses | Use red, amber, green cards raised in response to different pictures or models of different foods  Red = no carbs  Amber = not sure  Green = contains carbs, needs insulin |
| 2 mins  2 mins | Group or pairs task  Provide 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 drinks  Sort the pictures or containers into 2 piles  Verbalise 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 answers  Green - all  Amber - some  Red – not much |