



## Goals of Diabetes Lesson Plans

**10-11 years**

### Food for Life

<b>Goals of Diabetes Lesson Plans</b>	<b>Age Group: 10-11yrs</b>
<b>Topic:</b> Food and eating away from home. (Delivered by Dietitian)	
<b>Title of session:</b> Food for Life	<b>Timing of session:</b> Approx 25mins

#### 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.
- RedAmberGreen cards.

Time	Session Content/ Taught Content	Resources Needed
<p>2 mins</p> <p>5 mins</p>	<p><b>Q:</b> 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.</p> <p><b>Q:</b> How often should we eat food? At least 3 meals/day, definitely breakfast. Not constant snacking.</p> <p>Some of the foods we eat are more healthy than others. They keep our bodies healthy on the inside. They can make diabetes easier to manage. 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 less healthy) and the job they do in the body for health. Relate to other similar foods.</p>	<p>Listen to verbal responses.</p> <p>Eat Well Guide.</p> <p>Paper plates, drawing materials.</p> <p>Listen to responses.</p>
<p>2 mins</p> <p>1 min</p> <p>3 mins</p> <p>3 mins</p>	<p>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:</p> <p>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.</p> <p><b>Game:</b> Show picture/model of different carb food - children decide which type of carbs it is by showing flashcards.</p>	<p>Eat Well Guide. Listen to responses of examples.</p> <p>Paper and list.</p> <p>Flashcards with SUCROSE, LACTOSE, FRUCTOSE and STARCH for each person.</p>

Time	Session Content/ Taught Content	Resources Needed
3mins	<p>Aim 8-10 pictures</p> <p>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.</p> <p><b>Q</b> When might you use this book? E.G. On a sleepover, school residential.</p> <p><b>Q:</b> 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.</p> <p><b>Q:</b>Who has been on a sleepover/residential? What plans did you make (diabetes or otherwise).</p>	<p>Food models/ pictures/magnets for carb foods.</p> <p>Pre-selected food labels for variety of foods with varying complexity.</p> <p>Calculators.</p> <p>Carbs and Cals books.</p> <p>Listen to responses. Discuss book vs app.</p>
2mins	<p><b>Summary:</b> Watch G of D DigiBete 10-11 Food and eating away from home videos to summarise and revise tasks.</p>	<p>Access to website with screen + projector/tablets/laptops.</p>
1min	<p><b>Evaluation:</b> How much have you understood today?</p>	<p>Red – not much. Amber – some. Green - most.</p>