



Goals of Diabetes Lesson Plans

12-13 years

Food for Life

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

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, carbs, iron, calcium).
- Food labels (containing traffic light labelling).
- Carbs and Cals, access to apps, 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, Digibete app.
- High/Medium/Low flashcards.

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

Foods	Amount of Carbs (g)
½ pizza (from a food label provided)	
2 biscuits (from a food label provided)	
Xg weight of cooked pasta (matching a Carbs and Cals pic)	
Xg weight of mashed potato (matching a Carbs and Cals pic)	
Weigh 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) Can you calculate what is in your portion?	
Weigh bread roll (provide bread roll, Carbs and Cals pic to compare pic) Can you calculate what is in your portion?	
If you were going to McDonalds with your friends, how would you work out the carbs in your food choices? (discuss in store info + app/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? (app/website info)	

Example carbs worksheet

Foods	Amount of Carbs (g)
½ pizza.	
2 biscuits.	
___g weight of cooked pasta.	
___g weight of mashed potato.	
Weigh out 45g cereal.	
Weigh out fruit portion. Can you calculate what is in your portion?	
Weigh bread roll. Can you calculate what is in your portion?	
If you were going to McDonalds with your friends, how would you work out the carbs in your food choices?	
If you were going to Gregg's or Subway with your friends, how would you work out the carbs in your food choices?	

Time	Session Content/ Taught Content	Resources Needed
4 mins	<p>With the person next to you, describe what would be included or excluded in a healthy diet? Feedback each pair to group.</p> <ul style="list-style-type: none"> • Fruit and veg • Carbs and proteins • Dairy • Healthy fats • Fibre/roughage • Not too many sweets • Not too much salt 	<p>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. If foods rather than broad nutrient categories given, relate back to a food group.</p>
3 mins	<p>WHY are these nutrients important:</p> <ul style="list-style-type: none"> • For growth • To protect heart, blood vessels • For healthy gut • To reduce blood pressure • Strong bones • Iron – growth, not tired 	
5 mins	<p>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.</p> <ul style="list-style-type: none"> • Fibre, fruit and veg • iron • calcium • healthy fats 	<p>Food models/pictures/magnets of a wide variety of different foods containing: High fibre carbs, fruit and veg, pulse vegetables (fibre, vits and mins). Cereals, red meat, eggs, green veg, baked beans, peas (iron) Dairy (calcium). Healthy spreads, oily fish, avocado, nuts and seeds (healthy fats). Listen to responses.</p>

Time	Session Content/ Taught Content	Resources Needed
3 mins	Who looks at food labels? For health purposes as well as carb counting. Relate Traffic Light labelling to nutrients above.	Selection of pre-selected TL food labels showing a variety of nutrient contents.
2 mins	Who uses food labels for carb counting? Who uses Carbs and Cals for carb counting? Who weighs food for carb counting? Who uses apps/websites for carb counting?	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. Access to apps/websites.
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: Split into 2 teams for summary quiz of 10 questions of content.	Summary quiz - attached.
1 min	Evaluation: One new thing you have learned today.	Post-it-notes.