DigiBete Structured Education

Goals of Diabetes Lesson Plans

6-7 years

Food for Life

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

Aim of session:

- Understanding the role of food for healthy living, different food groups.
- Identify which foods contain carbohydrate.
- Promote a 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!)

Time	Session Content/ Taught Content	Resources Needed
1min 2mins 5mins	**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, they can help diabetes be managed better. From a selection of pictures pick out a healthy food you like to eat. Explain why the foods chosen by children are healthy (or less healthy) 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. Spread food out evenly through the day. 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.
2mins 3mins	Some of these foods and drinks contain carbohydrate which causes your BG to rise. These foods are matched with insulin to bring BG down again to target. 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).

Time	Session Content/ Taught Content	Resources Needed
5mins	**Summary:** Watch G of D DigiBete 6-7 Food videos to summarise and revise tasks.	Access to website with screen + projector/tablets/laptops.
3mins	**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.