



Goals of Diabetes Lesson Plans

8-9 years

Food for Life

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

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
- RedAmberGreen visual cards

Time	Session Content/ Taught Content	Resources Needed
1 min	<p>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.</p>	Listen to responses.
2 mins	<p>Some of the foods we eat are more healthy than others. They keep our bodies healthy on the inside. Can make diabetes easier to manage.</p>	
5 mins	<p>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.</p>	<p>Food models/pictures/magnets of a wide variety of healthy/less healthy foods. Eat Well Guide to group similar foods together. Listen to responses.</p>
2 mins	<p>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.</p>	
2 mins	<p>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.</p> <p>How often should we eat sweets/chocolate? General discussion about frequency, quantity, compare and normalise with children without diabetes.</p>	<p>Pictures of different portions: A single pea/grape/cherry tom/sprout = too small. An apple/ a carrot/ 2-3 sprigs broccoli/box of raisins/2 spoonful peas =OK. A watermelon/ large banana/lots of grapes/whole lettuce = too big.</p>

Time	Session Content/ Taught Content	Resources Needed
<p>1 min</p> <p>3 mins</p>	<p>Some of these foods and drinks contain carbohydrate which causes your glucose to rise. These foods are matched with insulin to bring BG down.</p> <p>Carbohydrate can be sugary (sweets), starchy (bread) or natural sugar (fruit, milk).</p> <p>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)</p> <p>Aim 8-10 pictures.</p> <p>Educator to clarify responses.</p>	<p>Use red, amber, green cards raised in response to different pictures or models of different foods.</p> <p>Red = no carbs.</p> <p>Amber = not sure.</p> <p>Green = contains carbs, needs insulin.</p>
<p>2 mins</p> <p>2 mins</p>	<p>Group or pairs task.</p> <p>Provide with a selection of drinks pictures or empty containers – which drinks can you drink freely without affecting your BG?</p> <p>Mention effect on teeth even if no sugar!</p> <p>Q: Who has been on a sleepover at someone else's house? (friends, grandparents, aunties etc).</p> <p>What would be important to do before you go?</p> <p>Include diabetes preparations as well as non diabetes prep.</p>	<p>Assorted pictures or empty containers of carb free and carb containing drinks.</p> <p>Sort the pictures or containers into 2 piles.</p> <p>Verbalise answers and list preparations on flip chart.</p>
<p>5 mins</p>	<p>Summary:</p> <p>Watch G of D DigiBete 8-9 Food videos to summarise and revise tasks.</p>	<p>Access to website with screen + projector/tablets/laptops.</p>
<p>2 mins</p>	<p>Evaluation:</p> <p>How many portions of fruit and veg should we eat?</p> <p>Can you each name a food that contains a type of carbohydrate?</p> <p>How much have you understood today?</p>	<p>Individual answers.</p> <p>Green - all.</p> <p>Amber - some.</p> <p>Red – not much.</p>