

Lesson 9: Diabetes

Teacher Notes

Objectives

1. Students will be able to identify the 5 w's (who, what, when, where and why) of diabetes
2. Students will be able to describe how to prevent diabetes and/or learn how to live with diabetes
3. Students will be able to find out where to get more information about diabetes

Pre-lesson

Jigsaw Reading and Questions (30 minutes)

1. Divide class into groups of 3 and give each student a reading according their group.
2. Have the small groups answer the questions about their reading, together.
3. Regroup students making sure each new group has one student from each original group (1-3).
4. Each student gets to explain and answer their questions for their new group. They get to be the teacher for their reading.
5. The other students listen to the information and complete the rest of the questions.

Lesson – choose from any of the following activities

True or False and Writing (10 minutes)

6. Have students read the sentences to themselves.
7. If time, have the students read aloud with a partner, taking turns.
8. Have the students circle T or F after reading each sentence with a partner or individually.
9. Talk about what “should” means with the class, give examples.
10. Have students write sentences using “should” to focus on lifestyle changes for individuals who have diabetes.

Definitions Match and Complete the Sentence (10 minutes)

1. After students read the diabetes information, have them match each word with the correct letter.
2. Next have students complete each sentence in the reading passage using a word from the box.
3. Correct on the board with the whole class when everyone is finished, by having students come to the board and each write a sentence.

Complete the Sentence and Critical Thinking (10 minutes)

1. Have students complete each sentence with one of the words from the box.
2. Read the completed passage with the class.
3. Talk about “prevention” and what that means, give examples.
4. Have students use the reading to help them write about ways to prevent diabetes.

Assessment

Quiz (5-10 minutes)

1. As a formal assessment, give the quiz at the end of the lesson.
2. Check the quiz individually, or as a class.
3. Give informal feedback to students as you circulate and listen to them read, check questions and activities.

Extension

Glossary (10 minutes)

1. Have students write a variety of sentences explaining how to prevent diabetes.

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Additional Resources – can be used for computer lab activities

- American Diabetes Association: www.diabetes.org/
- American Diabetes Association - Diabetes Food Hub: <https://diabetesfoodhub.org/>
- American Diabetes Association - MyFoodAdvisor: Recipes for Healthy Living: www.diabetes.org/mfa-recipes/log-in/recipes-for-healthy-living.html
- American Heart Association - Diabetes Tools and Resources: <https://www.heart.org/en/health-topics/diabetes/diabetes-tools--resources>
- Centers for Disease Control and Prevention – Diabetes Prevention: <https://www.cdc.gov/diabetes-prevention/index.html>
- The Help Guide – Diabetes: www.helpguide.org/life/healthy_diet_diabetes.html
- MedlinePlus - Diabetes: www.nlm.nih.gov/medlineplus/diabetes.html
- National Diabetes Education Program: www.ndep.nih.gov
- National Institute of Diabetes and Digestive and Kidney Diseases: <https://www.niddk.nih.gov/health-information/diabetes>
- WebMD - Diabetes Health Center: <http://diabetes.webmd.com>