



## Grade 8 Sample Lesson Plan: Unit 11 – Preventing Diabetes

### **Description**


Please see attached handout for a lesson submitted by a Virginia teacher


### **Handout**

The next page includes a handout for the lesson.


# Preventing Diabetes


8.2.g Describe personal and family preventative health measures, including immunizations, nutrition, physical activity, and sleep in preventing diabetes, heart disease, stroke, and other chronic diseases.

	Link
 <p>What is diabetes?</p> <p>What are the prevention strategies for diabetes?</p>	<p>According to the Centers for Disease Control and Prevention (CDC), “Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult -onset diabetes. Now, about one-third of American youth are overweight, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.”</p> <p>Write what you know about diabetes:</p> <p>In this lesson you will have the opportunity to explore information about diabetes and learn about prevention strategies.</p>

	Explore
 <p>What is diabetes?</p>	<p>Read one or more of the articles about Diabetes or the formal medical term Diabetes Mellitus and answer the questions.</p> <p>Library Database: Britannica School (Middle) - <a href="http://school.eb.com/levels/middle">http://school.eb.com/levels/middle</a> - School Username: fairfax; School password: fairfax; then, under “Middle,” use search term - Diabetes or Diabetes Mellitus for the Middle level of the database)</p> <p>Library Database: World Book Student - <a href="http://worldbookonline.com/student/home">http://worldbookonline.com/student/home</a> - Use search term - Diabetes</p> <p>Library Database: World Book Discover - <a href="http://worldbookonline.com/wbdiscover/home">http://worldbookonline.com/wbdiscover/home</a> - Use search term - Diabetes</p> <p>From your reading, respond to the following questions.</p> <p>What is Diabetes?</p> <p>Describe Type 1 Diabetes:</p> <p>Describe Type 2 Diabetes:</p>

<p>What are the prevention strategies for diabetes?</p>	<p>Who is at risk for diabetes?</p> <p>What are the treatment options for diabetes?</p> <p>Access these resources to answer the question, what are the prevention strategies for diabetes?</p> <p>NIH National Institute of Diabetes and Digestive and Kidney Diseases: Choose more than 50 ways to prevent Type 2 Diabetes (offers a downloadable pdf)  <a href="https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways">https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways</a></p> <p>CDC: Preventing Diabetes  <a href="https://www.cdc.gov/diabetes/basics/prevention.html">https://www.cdc.gov/diabetes/basics/prevention.html</a> and Prevent Type 2</p> <p>Diabetes in Kids  <a href="https://www.cdc.gov/features/prevent-diabetes-kids/index.html">https://www.cdc.gov/features/prevent-diabetes-kids/index.html</a></p> <p>Write a response to the question.</p> <p>What are the prevention strategies for diabetes?</p>
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	<p style="text-align: center;"><b>Apply</b></p> <p>Many of the resources target prevention to adults. Develop a resource that would help students understand diabetes and would help students with prevention strategies. The resource may be an outline for a web page, social media campaign strategy, infographic, poster series, or other ways to communicate information to students. Resource must include information about diabetes and include at least 3 prevention strategies.</p>
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	<p style="text-align: center;"><b>Reflect</b></p> <p>What are the three most important things you think people should know about diabetes?</p> <ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>
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