Grade 8 - HP-8 Physical Health Disease Prevention/ Health Promotion 2020 Virginia SOLs



# Grade 8 Sample Lesson Plan:

## **Preventing Diabetes**

#### Description

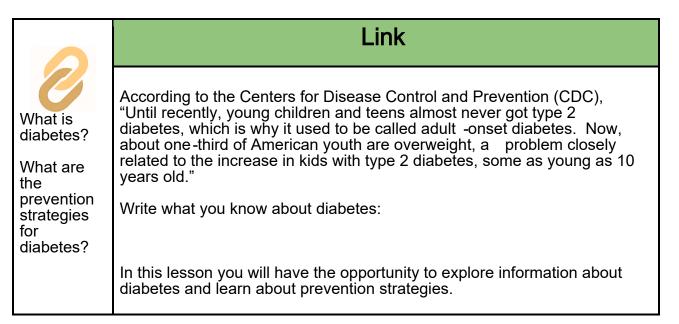
Please see attached handout for a lesson submitted by a Virginia teacher

#### 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.



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

What are the prevention strategies for diabetes?	Who is at risk for diabetes?
	What are the treatment options for diabetes?
	Access these resources to answer the question, what are the prevention strategies for diabetes? NIH National Institute of Diabetes and Digestive and Kidney Diseases:
	Choose more than 50 ways to prevent Type 2 Diabetes (offers a downloadable pdf) <u>https://www.niddk.nih.gov/health-</u> <u>information/diabetes/overview/preventing</u> _type-2-diabetes/50 -ways
	CDC: Preventing Diabetes https://www.cdc.gov/diabetes/basics/prevention.html and Prevent Type 2
	Diabetes in Kids https://www.cdc.gov/features/prevent -diabetes-kids/index.html
	Write a response to the question.
	What are the prevention strategies for diabetes?

	Apply
	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, infogra phic, poster series, or other ways to communication information to students. Resource must include information about diabetes and include at least 3 prevention strategies.

Reflect
What are the three most important things you think people should know about diabetes?
1.
2.
3.