



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.

	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) - http://school.eb.com/levels/middle - 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 - http://worldbookonline.com/student/home - Use search term - Diabetes</p> <p>Library Database: World Book Discover - http://worldbookonline.com/wbdiscover/home - 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) https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways</p> <p>CDC: Preventing Diabetes https://www.cdc.gov/diabetes/basics/prevention.html and Prevent Type 2</p> <p>Diabetes in Kids https://www.cdc.gov/features/prevent-diabetes-kids/index.html</p> <p>Write a response to the question.</p> <p>What are the prevention strategies for diabetes?</p>
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	<h2>Apply</h2>
	<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>

	<h2>Reflect</h2>
	<p>What are the three most important things you think people should know about diabetes?</p> <ol style="list-style-type: none"> 1. 2. 3.