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.

<table>
<thead>
<tr>
<th><strong>Link</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>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.”</td>
</tr>
</tbody>
</table>

**What is diabetes?**

**What are the prevention strategies for diabetes?**

**Write what you know about diabetes:**

In this lesson you will have the opportunity to explore information about diabetes and learn about prevention strategies.

<table>
<thead>
<tr>
<th><strong>Explore</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is diabetes?</strong></td>
</tr>
<tr>
<td>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)</td>
</tr>
<tr>
<td>Library Database: World Book Discover – <a href="http://worldbookonline.com/wbdiscover/home">http://worldbookonline.com/wbdiscover/home</a> - Use search term - Diabetes</td>
</tr>
<tr>
<td>What is Diabetes?</td>
</tr>
<tr>
<td><strong>Describe Type 2 Diabetes:</strong></td>
</tr>
</tbody>
</table>
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)
https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways

CDC: Preventing Diabetes
https://www.cdc.gov/diabetes/basics/prevention.html and Prevent Type 2 Diabetes in Kids

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, infographic, poster series, or other ways to communicate 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.