**CheMystery**

Health and Nutrition

Wednesday | August 10, 2016

Unit: Diabetes

Lesson: Health Conditions

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| **Standard(s)** North Carolina Essential Standards Health Education—Grades 3-5 | 1. 4.PCH.1: Understand wellness, disease prevention, and recognition of symptoms. 2. 4.NPA.3: Understand the benefits of nutrition and fitness to disease prevention. 3. 5.PCH.4: Understand body systems and organs, functions, and their care. 4. 4.ICR.2: Understand the changes that occur during puberty and adolescence. |
| **Objective(s)** | 1. Explain the prevalence of diabetes in America today and the future of people with diabetes mellitus 1 & 2. 2. Inform students about how the body metabolizes sugar through pancreas and what can happen when people do not have the properly functioning parts. 3. Dispel rumors and myths about diabetes. |
| **Materials** | **Snapshot of Diabetes in the United States**  <http://www.cdc.gov/media/dpk/2014/images/diabetes-report/infographic1-web.pdf>  **Can Diabetes Be Prevented + Video**  <http://kidshealth.org/en/kids/prevention.html>  **Kids Health in the Classroom (Diabetes) \*Utilize Just the Facts and Quiz**  <https://classroom.kidshealth.org/classroom/3to5/problems/conditions/diabetes.pdf> |
| **Instructional Strategy** | 1. Give students the Kidshealth activity sheets. 2. Utilize the Kidshealth video web links and CDC snapshot image. 3. Have students share personal account and stories. 4. Instructor should share personal accounts of any stories found online as well for narrative purposes. |
| **Assessments** | 1. Instructor-led discussion of understanding. 2. Kids Health Quiz and Activities. 3. Utilize Healthworks Modules. |
| **Reflection** | * Have children share stories about family members who are diabetic or if they themselves are diabetic and what they do about treatment or management. |