Illness' with Food Intake

Lesson: Understanding the causes and effects of illness' that are associated with food intake.

Date: As used

Time: As used

Class: 5th and 6th class

Strand: Myself

Strand Unit: Taking care of my body

Materials Needed: Use the 'Classroom discussion' resource from the Lunch Bag website as the introduction to the lesson, use the 'Illness' with food intake' video as the lesson, use the 'My learning log' resource as the assessment for this lesson and use the 'Illness' with food intake word search' as the activity sheet for this lesson.

Learning Objectives

1. Recognise and examine behaviour that is conducive to health and that which is harmful to health.
2. Realise and accept some personal responsibility for making wise food choices and adopting a healthy and balanced diet.
3. Appreciate the importance of good nutrition for growing and staying healthy.
4. Explore and examine some of the illness' particularly associated with food intake or special health conditions.

Introduction/Stimulus

The 'Classroom Discussion' resource is used as the introduction for this lesson. This resource is used to assess the students' prior knowledge on the topic of 'Illness' with Food Intake' specifically Coeliac Disease and Diabetes. Students are encouraged to work together as a class to come up with 5 points on each topic. The classroom discussion also encourages students to interact as a group and come up with the ideas together.

Development

- The lesson begins with a brief explanation as to how for the general population, they have to focus on ensuring their dietary intake is balanced and varied. However, that there are individuals who have to have an increased focus on the food types they are putting into their bodies. Coeliac disease and diabetes are then introduced.
- Coeliac Disease is the first Illness with food intake that is explored. Students are educated on Coeliac Disease from the point of view of the type of disease it is, how it affects the body, the nutritional impacts of the disease, how it is treated, and the food types that people with Coeliac Disease need to be aware of. Students are also educated on the complications of this disease that can result if people aren't conscious of avoiding Gluten in their diet.
- The other Illness with food intake that is explored is diabetes. Students are first educated on the digestion of carbohydrates and how they are transported into our muscles and organs for use. Diabetes is looked at from the point of view of the role of insulin and what can happen if there isn't enough insulin in our bodies or if it doesn't work correctly. The final area of this illness students are educated on is the effect that it can have on the body if blood sugar levels aren't kept under control.

Conclusion

The lesson is concluded with the use of the 'My learning log' resource as the students are assessed on the learnings of the lesson. They are asked to write down the names of the diseases they learned about and are asked to give three points of information they learned about each disease. The lesson is then finished with the use of the 'Illness' with food intake wordsearch'.

Assessment	The learnings of the lesson are assessed using the 'My learning log' resource. The 'My learning log' resource uses questions prompted on the topics that were discussed during the lesson including 'What is coeliac disease and what's diabetes?'. Students are also encouraged to list some of the learnings on each of the two diseases covered in this lesson. Students are given 3 empty bullet points for each topic which allows them to elaborate on their learnings from the lesson.
Linkage/Integration	**Linkage:** **Self-Awareness:** Recognise and appreciate that each person is a unique individual, and that this individuality is expressed in many different ways. **Personal Safety;** Identify situations that may threaten peoples safety (for example if there's cross contamination of Gluten containing food at a Deli) **Integration:** **Making Inference:** Children will understand that if they know of somebody with Coeliac Disease, once they avoid gluten in their diet that this will be protective of their health. Similarly, with Diabetes that if students balance their diet and exercise (or Insulin if needs be) that their blood sugar levels will be controlled as a result. **English;** Students spelling is worked on with the use of a Wordsearch. **Team-Work;** Using the 'Classroom discussion' resource, students ability to work together as a team is built upon. Students are encouraged to work together as a group to come up with their prior knowledge on the topic of 'Illness' with food intake'.