

This product was developed by the Galveston: Take Action project at the Galveston County Health District in Texas City, TX. Support for this product was provided by a grant from the Robert Wood Johnson Foundation® in Princeton, New Jersey.

## Lesson Plan

### Nutrition

Learning Objective	Behavior	Learning Method and Materials
1. Identify what it means to eat healthy. 2. Identify the importance of a prescription for the number of calories per day prescribed by your provider.	1. Make healthy eating a part of your meal planning. 2. Select the correct number of servings of carbohydrates each day.	1. Written material " <b>Healthy eating with diabetes</b> " and class discussion. 2. Written material, "Heating healthy with diabetes" and class discussion.
3. Explain what an "Exchange List" is and how to select from the food groups.	3. Use the "Exchange List" to make a daily food plan	3. Written material, "Eating healthy with diabetes", " <b>Exchange List</b> ", food models and pictures, measuring cups and spoons, and class discussion.
4. Describe serving sizes on an "Exchange List".	4. Demonstrate using the "Exchange List", artificial food and food pictures, and verbalize understanding of portion size	4. Written material, " <b>Visualize Your Portion Size</b> ".
5. Identify carbohydrates, protein, sodium, and fats on a food label.	5. Demonstrate reading a label using food containers. Make good food choices, good serving size and follow a good schedule. Practice using the "Reading Food Labels" worksheet.	5. Written material, " <b>New Food Labels are Here!</b> ", worksheet and class discussion.
6. Compare the regular Food Pyramid with the Diabetic Food Pyramid.	6. Make food choices based on the Diabetic Food Pyramid.	6. Written material " <b>Food Pyramids</b> " and class discussion.
7. Describe the effect of carbohydrates on your body then identify foods that are high and low in carbohydrates.	7. Make food choices based on the carbohydrate content	7. Written material " <b>Carbohydrates</b> " and class discussion.