

LESSON TITLE: ***Undercover Diabetes Health Agents***

Grade Level: Suggested 2-5

Delivery Mode: Classroom

Time Allotted: 30 minutes

Of Participants: Class size: 10-30

Life Skill/General Health: Basic workings of the digestive system, complex physiology with easy to understand analogies, and disease prevention

Character Focus: Self-Responsibility and Decision-making,

Integrated Curriculum Concepts:

- Language Arts: Active Listening, Sharing Experiences and Information, Responding
- Science: Human Anatomy and Physiology
- Social Studies: Developing self-help skills

Key Concepts:

- Role physical activity plays in disease prevention
- Role a low-fat, high fiber diet plays in the prevention of diabetes
- Making healthy food choices

What you need for the Lesson:

- *Undercover Diabetes Health Agents*
- *Undercover Diabetes Health Agents* Companion Activity Book (*Optional*)

Learning/Follow up Activity:

- *Undercover Diabetes Health Agents* Companion Book Activities (*Optional*)

Getting Ready:

- Read and familiarize yourself with the book and lesson plan.

Note to Helper:

- The more animated you make the story and the more genuine your reaction is to how “smart” the students are, the more engaged the students will be.
- Depending on group size, you may wish to have them gather around in a reading area as you read aloud and show illustrations.

Lesson Plan:

What you Say:	What you Do:	What Participants Do:
We are going to conquer a very difficult concept today with the help of the Organwise Guys. We are going to learn about Type II Diabetes and what you can do to prevent it! Listen up because I am going to be asking some questions afterwards!	Start reading book (with ENTHUSIASM!) Prepare to approach the parts in the book where the kids will interact.	Sit quietly and listen until interactive parts of book. Respond and participate as told by the teacher reading.
Once you have completed the book, ask... Which organ does diabetes affect? (ANSWER: Peter Pancreas)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is diabetes? (ANSWER: When the cells do not get enough sugar to run them properly)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
What is Peter Pancreas' job? (ANSWER: To make insulin) After you get the answer "insulin" say: Remember insulin is like a magic key that can open the lock at the gateway of each cell.	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
There are 2 types of diabetes; one (Type II) can possibly be prevented or delayed by adopting healthy lifestyle. What four things can you do to help make sure your magic keys work properly? (ANSWER: Eat low fat foods, Eat high fiber, Exercise regularly, and drink a lot of water)	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.
Does anyone know someone who has diabetes?	Call on students who have raised their hands to answer the question.	Respond and answer questions by raising hands.

Suggested Optional Follow up Activities:

- *Calci's Big Race* Video
- *Gimme Five* Video
- *Fiber Fandango* Video
- *Farmer's Market Fresh* Video
- *Pepto's Party Portions* Video
- *Extreme Couch Potato* Video
- *H2Ohhh!* Video
- *Breakfast Skipping Blues* Video
- *OrganWise Guy/Gal*