



## Student Activity Guide

### Activity #3: Learning From Experience

#### Activity Overview

In this activity, students learn about diabetes from a medical professional. Teachers may invite the school nurse, a doctor, nurse practitioner, EMT, or other health professional with experience dealing with diabetes to visit the class. This health professional will talk about the symptoms and health effects of diabetes, as well as the importance of health food choices in preventing and managing diabetes. Students discuss the impact of this new information on their decisions about the kinds of foods they eat.

#### Activity Duration

45 minutes (plus preparation and planning)

#### Objectives

Students will:

- Ask a healthcare professional questions to gather information about diabetes
- Ask questions about prevention measures related to diet and nutrition
- Discuss how this information affects their thinking about their dietary decisions

#### Materials

*Note: These materials are optional, but suggested*

- Invitation for healthcare professional, created and signed by students
- Thank you note for visiting healthcare professional, created and signed by students
- Camera for photo opportunities during visit



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### Procedure

1. Ask your students what questions they have about what they have learned so far. What would they ask a healthcare professional if they had the chance?
2. Reach out to physicians or nurses to invite them to your school to talk to your students about diabetes. Consider local hospitals, general practitioners in your community, local endocrinologists, or your school nurse.
3. Be sure to explain that you and your students are learning about healthy choices, particularly around diabetes, diet, and exercise.
4. Set up possible dates and times that work for you. Be sure to clear all visitors with your main office and, if necessary, the district.
5. Consider inviting parents or another class to join your group for the presentation. Make sure all audience members know how long the event will last and that they will be able to ask questions once the visitor finishes speaking.
6. Follow up with a thank you note or card from your students. Make sure everyone signs it!

### Optional Extensions:

1. As a follow-up activity, the class might ask to be invited on a real or virtual tour of a clinic or hospital in their community where they can see from the medical professional's point of view what it looks like to diagnose and treat a patient or family.
2. Conduct a role-playing activity for students to take on the roles of doctor, nurse, patient, family member, etc., to discuss a diagnosis and treatment plan with feedback from the visiting health practitioner.
3. Invite a willing family member to share their experiences with diabetes and treatment.



## Student Activity Guide

### National Standards

#### National Health Standards

- **Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.
- **Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

#### CCSS

- **RI.3.1** Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answer.