



# Diabetes

## Matching

**ELSA Level:** Level 2/3  
**Activity:** Learners match diabetes prevention tips with their rationale  
**Time:** 30 minutes  
**Materials:** Tips to prevent diabetes, (page 24) adapted from the Canadian Diabetes Association website.

### Learning Outcomes:

Learners will be able to:

- Recognize how to prevent the onset of diabetes through diet and exercise.

### Suggested Approach:

- Instructors download and print the Tips to Prevent Diabetes information sheet on page 24, and cut it up for group matching of Tips to corresponding Reasons.

### Vocabulary to Pre-teach/Review:

prevent/prevention    meals    improve    raise  
grains    high fibre food    regular

## **Tips to Prevent and Manage Diabetes**

### **TIPS:**

**Eat three meals a day at regular times and don't wait more than 4-5 hours between meals.**

**Don't eat too much sugar such as pop, desserts, candies, jam or honey.**

**Don't eat too much fat such as fried foods, potato chips, pies or cakes.**

**Eat more whole grains and high fibre foods such as cereal, beans, lentils, peas, brown rice, vegetables and fruit.**

**If you are thirsty, drink water.**

**Be active and exercise regularly.**

### **REASONS:**

**Eating at regular times helps your body control blood sugar levels.**

**The more sugar you eat, the higher your blood sugar level will be.**

**High fat foods may cause you to gain weight (get fat). Staying a healthy weight helps your body to control blood sugar and is better for your heart.**

**Foods that are high in fibre can help you feel full and can lower your blood sugar.**

**Pop (Coke, Pepsi etc.) or fruit juice will raise your blood sugar.**

**Regular exercise will help your body to control blood sugar.**