



Diabetes

Discussion

ELSA Level: Level 2/3
Activity: Learners give opinions about a healthy diet and lifestyle
Time: 30 minutes
Materials: Discussion questions (page 32)

Learning Outcomes:

Learners will be able to:

- Give opinions about a healthy diet and lifestyle.
- Share ways to integrate healthier habits into own lifestyle.

Suggested Approach:

- Make 3 or 4 copies of the discussion questions, one set for each group. (Questions can be cut up and placed in the middle of the table).
- Have learners take turns asking each other the questions.

Questions for group discussions about diabetes:

Talk about a healthy breakfast in your home.	Talk about a healthy dinner in your home.
What kinds of food does your body need to be healthy?	Do you think you should exercise more? What kind of exercise can you do?
Do you think exercise can make you feel better if you are sad?	How can you prevent you and your family from getting diabetes?
What are some healthy snacks you and your family can eat?	What are three things you can do to have a healthier lifestyle?
Do you think the lifestyle in Canada is more healthy or less healthy than in your country?	Do you have any friends or family with diabetes?