



Diabetes

Find Someone Who...

- ELSA Level:** Level 2/3
Activity: Learners circulate and ask each other questions about diet and lifestyle recommendations they have discussed earlier
Time: 30 minutes
Materials: Worksheet #8 (page 34)

Learning Outcomes:

Learners will be able to:

- Ask and respond to questions about lifestyle and diet.
- Reflect on own lifestyle with regard to diet and exercise.

Suggested Approach:

- Prior to giving the worksheet, instructor may want to review ways to answer questions with "How often...?"

I always I often/usually I sometimes

I rarely/hardly ever I never

- Instructor distributes Worksheet #8 and learners circulate, formulating and answering questions.
- As an extension activity, instructors can encourage learners to think about one easy change they could make in their lifestyle to become healthier. Have each student write one sentence on flip chart paper that can be left up on the wall after the module is finished as a reminder. For example: "Jenny will try to eat more fruits and vegetables every day." "Ricardo will try to walk after dinner 3 times a week".

Worksheet #8

HOW OFTEN...

1. ...do you eat healthy food?

Name: _____ How often: _____

2. ...does your family exercise together?

Name: _____ How often: _____

3. ...do you walk for more than 20 minutes?

Name: _____ How often: _____

4. ...do you drink alcohol?

Name: _____ How often: _____

5. ...do you exercise at home? (dance in the living room, or do housework)

Name: _____ How often: _____

6. ...do you eat fruit and vegetables?

Name: _____ How often: _____

7. ...do you drink water when you are thirsty?

Name: _____ How often: _____

8. ...does your son or daughter eat or drink something with a lot of sugar?

Name: _____ How often: _____