

## **Diabetes Prevention through Healthy Eating and Physical Activity**

**Purpose:** The purpose of this presentation is to educate community members on:

- 1) What is diabetes?
- 2) How can healthy eating help prevent diabetes?
- 3) How can physical activity help prevent diabetes?

**Use:** This presentation is intended for use by ADI workers and includes a presentation, speaking notes, and an activity that can be used to lead group sessions in the community. This presentation should be about 1 hour long.

**Materials Required:** This presentation includes a power point and a hands-on activity. A white board or an easel with paper is recommended but not required. Other supplies you will need include:

- A copy of Canada's Food Guide for each participant
- 12 plastic sandwich bags
- About 2 cups of white table sugar
- Black pen or permanent marker
- Food models, food pictures (*OPTIONAL*)

### **Instructions:**

- This session is intended to be given in a group setting
- Throughout the power point there is an icebreaker activity, 2 group discussion activities, and a few audience questions that can be used to help engage the participants and offer a chance for community members to voice their opinions
- The power point is designed to be presented first, followed by the hands-on activity

*See attached sheet for activity instructions.*

## CANNED PRESENTATION ACTIVITY

### Diabetes Prevention through Healthy Eating and Physical Activity

**Name of Activity:** Sugar Surprise

**Materials Required:**

- 12 Plastic sandwich bags
- About 2 cups white table sugar
- Black pen or permanent marker
- Food models, food pictures (*OPTIONAL*)

**Assembly:**

- For each plastic bag, fill with sugar according to how many tsp of sugar are contained in that specific food.
  - o For example, you may label one bag "APPLE" and then write "6 tsp sugar" on the front. Then measure and pour 6 tsp of sugar into the bag.
  - o Each bag will be paired with another similar food that is either higher or lower in sugar content. Fill the other bags in the same way as described above.
- Below is a list of different 'sets' you could make but feel free to come up with others

Apple (6 tsp)	vs.	450 ml Bottle of Apple Juice (13 tsp)
355 ml can of Soda (9 tsp)	vs.	1 cup Milk (3 tsp)
½ cup Raisins (15.5 tsp)	vs.	½ cup Grapes (4 tsp)
Orange (4.5 tsp)	vs.	½ cup Craisins (dried cranberries) (11.5 tsp)
2 Pop Tarts (19 tsp)	vs.	1 cup Original Cheerios (4 tsp)
1 cup ice cream (9 tsp)	vs.	1 cup unsweetened apple sauce (6 tsp)

*You can look up how much sugar is in a food by using 'eaTracker' through the Dietitians of Canada website or by using the 'Nutrient Value of Some Common Foods' table which can be found at the following website [http://www.hc-sc.gc.ca/fn-an/alt\\_formats/pdf/nutrition/fiche-nutri-data/nvscf-vnqau-eng.pdf](http://www.hc-sc.gc.ca/fn-an/alt_formats/pdf/nutrition/fiche-nutri-data/nvscf-vnqau-eng.pdf)*

**Instructions:**

- Introduce the activity by explaining that although eating sugar does not cause diabetes, there are high amounts found in some foods that may lead to weight gain. Being overweight, as we learned earlier, is a risk factor for diabetes. Also, eating too many simple carbohydrates (ie. pop tarts, ice cream) causes our blood glucose to go up suddenly and forces our bodies to work very hard to keep our blood glucose in a healthy range.
- Then proceed with the activity by presenting 2 foods to the group either by showing them food models, pictures, or simply saying the name of the food out loud and then having the group guess which food has more sugar.
- Once the group has settled on an answer show them the two bags of sugar side-by-side and then pass them around so everyone can see and feel the amount of sugar in some common foods.