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| Programme/Course  | Module            |   |
| Cook and Eat Family Fun (Diabetes)                            | Diabetes          |   |
| Topic   | Level of study    | Venue   |
| Food groups and cooking                                       | Key stage 1 & 2   | (Honiton/Clyst Vale) Community College  |
| Title of session:   | Session no:       | Date of session   |
| Introduction to carbohydrates                                 | 1                 | 25 <sup>th</sup> and 27 <sup>th</sup> July; 1 <sup>st</sup> , 5 <sup>th</sup> , 8 <sup>th</sup> and 10 <sup>th</sup> August |
| Name of learning group:                                       | Time of session:  | Duration of session:  |
| Young people with T1 diabetes                                 | 10.30am – 12.30pm | 2 hours   |
| Number of participants – 13-18<br>(includes 2-3 facilitators) |                   |   |

#### Aims of the session

- To identify carbohydrates within a recipe and calculate the carbohydrate content

#### Learning Outcomes

(key skills?)

- To be able to state why knowledge of carbohydrate contents are important for diabetes
- To be able to identify which foods contain carbohydrate
- To be able to read a label and identify the total carbohydrate per 100g
- To be able to read Carbs and Cals book
- To be able to weigh out foods
- To be able to add up carbohydrate in their portion of food

#### Assessment Activities to be built into session

Informal – questioning understanding of which foods contain carbs, able to tell me that it is the total carbohydrate on a label is used, observing the carb counting of the recipes

Formative – feedback carb contents of food prepared and portion size in group

Formal written – how much carbohydrate in their meal

#### Evaluation Activities to be built into session

Looking and listening to learners, are they engaging in the activity, do they eat the food, do they complete task

Maths ability, what is their understanding and ability to add up numbers.

Have they enjoyed the experience (thumbs up, neutral or down)

Family evaluation at the end

Prior action needed / resources (e.g. pre-session activities to give to students, equipment to book)  
Photocopy handouts.

- Create recipe sheets for vegetable pizza and rocket fruit
- Create worksheets to work out the carbohydrate content of each food in the recipe
- Evaluation for parents and for children
- Posters with directions to Cook & Eat session (from 2015)

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| <p>Equipment needed:</p> <p>Plastic mixing bowls<br/>2.5ml measuring spoons (own)<br/>5ml measuring spoons (own)<br/>15ml measuring spoons<br/>Spoons x 12 (for Clyst Vale)<br/>Sharp knives x6 (plastic knives for under 5 year olds), scissors (own)<br/>Scales x6 (own)<br/>Rolling pin x 6 (school own)<br/>Chopping board x 6 (school own)<br/>Baking tray (school)<br/>Serving bowls x 24 (hosp)<br/>Serving plates x 24 (hosp)<br/>Cling film (from previous cooking sessions),<br/>baking paper for GF inserts on trays</p> <p>Fridges. Kettle (Honiton)<br/>Washing up liquid (school), scouring pads<br/>Antiseptic wipes (for tables) hospital<br/>Tea towels</p> <p>Sugar free squash, Plastic water jug<br/>Plastic cups (hospital)</p> <p>Plastic foods<br/>3 plastic bags – 1 each per family<br/>2 hula hoops<br/>Laminated sheets ‘carb’ ‘no carb’<br/>Lego for adding up in unit columns (younger children)</p> <p>Rocket ‘Royal Palm Tree cocktail sticks’ 50 per box (use 3 per person) from <a href="http://www.drinkstuff.com">www.drinkstuff.com</a>. Order enough for all sessions as delivery charge</p> <p>Evaluation form<br/>Pens/Pencils/Paper</p> <p>Carbs and Cals books</p> | <p>Ingredients needed: for 18 people</p> <p>Each YP to make a pizza. Ensure enough for half pizza for each person</p> <p>Pizza (half pizza each)</p> <p>50/50 bread flour (1 x 1.5kg bags)<br/>Fast Action Yeast 1 x 125g tin<br/>Sugar 1 x 500g<br/>Vegetable oil 1 x 1L<br/>Salt<br/>Tomato pasta sauce (2 x 350g jars)<br/>Grated mozzarella – 3 x 250g packets<br/>Peppers – 3<br/>Courgette – 3 small<br/>Black olives – 1 jar (we used 4 for 96 people)<br/>Mushrooms – 1 carton<br/>Baby sweetcorn – 1 packet<br/>Tomatoes – 1 x 200g cherry tomatoes</p> <p>2 x cucumbers to eat with pizza</p> <p>Rocket fruit (3 rockets each)</p> <p>3 x 400g packet red &amp; green grapes<br/>2 x 400g strawberries</p> <p>Wheat free flour versions for coeliac if required plus individual sachets (yeast, salt, sugar) to prevent cross contamination</p> <p>SF squash</p> |
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| TIME        | CONTENT / TOPIC                           | lo                    | TEACHING ACTIVITIES   | LEARNING ACTIVITIES<br>YP = young person<br>A = adult   | RESOURCES  | ASSESSMENT/<br>DIFFERENTIATION/<br>NOTES |
|-------------|---|-----------------------|---|---|--|--|
| Pre<br>10am | Shop for ingredients                      |                       | Ensure cool box available for chilled items in transport  |   | See above  |  |
| 10am        | Preparation                               |                       | Clean down tables<br>Put up signposts<br>Get icebreaker ready<br>ensure all ingredients for their pizza & rocket fruit ready to access quickly<br>Make up 6 work stations (1 for each young person)<br>Turn on ovens at 180 °C  |   | Antiseptic wipes<br><br>Ingredients for pizza<br><br>Pizza instruction sheet |  |
| 10.30am     | Collect from main reception at the school |                       | Ensure all families on list have arrived before bringing to the room  |   |  |  |
| 10.35am     | Introduction                              |                       | Welcome<br><br>Introduce facilitators<br><br>Fire safety instruction. Location of exits, fire bell and extinguishers.<br>Toilets<br><br>Plan for the session is that the YP will make lunch for their themselves, parents and facilitators<br><br>Give labels and ask CYP to make name labels | Ensure all families have signed in when<br><br>Get a drink of squash, settle down – YP<br><br>Listening to safety briefing – all<br><br>Make name labels<br><br>CYP and parents to say their name | Labels<br><br>Squash<br>Water<br>Plastic cups<br><br>Pens/pencils            |  |
| 10.40am     | Icebreaker                                | To introduce families | Ask young people and parents to line up according to month of birth<br><br>Ask which would be their favourite career – baker or astronaut   | Work together to ask about month of birth and arrange themselves in months of the year (older helping younger children). Facilitators join in.  |  |  |

|         |                          |   |  |   |   |  |
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|         |                          |   |  | Once in a line ask those who would choose career of baker to step to left and astronaut to step to right  |   |  |
| 10.45am | Where are carbohydrates? | To assess knowledge of carbohydrates                          | Place hula hoops on floor and place a laminated card 'carb' in one and 'no carb' in the other<br><br>bag of plastic foods  | Choose a food and place in right hoop   | Hula hoop<br>Plastic food models (place grapes in plastic bag)<br>Laminated card 'carb' 'no carb'               |  |
| 10.50am | Food hygiene game        | To be able to identify steps for good food hygiene            | Get young people to look around room and think about food safety and hygiene. Write or draw hazards and what we need to do. Draw out <ul style="list-style-type: none"> <li>• Care with knives</li> <li>• Hand washing</li> <li>• No running</li> <li>• Let adult know about spills</li> </ul> | Looking and writing/drawing   | Plain paper<br>Colouring pens/pencils   |  |
| 11.00am | To make pizza            | To be able to make up a vegetable pizza according to a recipe | Explain recipe and what they need to do to make the dough<br><br>Help others (especially younger children)<br><br>Older children – slice peppers, half tomato, thin slice or stick courgette<br><br>Younger children – slice mushrooms and olives using plastic knife                          | Follow recipe<br><br>Leave in bowl. Cover with cling film and set aside<br><br>Chop up all the vegetables, (each child taking a vegetable to cut up)<br><br>Roll out dough. Place on baking tray<br><br>Add tomato sauce, then veg, the mozzarella to dough | Knives<br>Chopping board<br>Rolling pin<br>Baking tray<br>Measuring spoons<br>Recipe sheet<br>Pizza ingredients |  |
| 11.30am | n/a                      | n/a   | facilitators to weigh out fruit ready for rocket fruit after pizza finished  | Continue with pizza making  |   |  |

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|                |   |   | 80g red/green grapes<br>3 strawberries (to approx. 40g)<br><br>Cut up cucumber to go with pizza   |   |  |  |
| 11.40am        | To make rocket fruit  | To be able to prepare rocket fruit                | Hand out one bowl grapes, 1 bowl strawberries and 3 rocket sticks to make rockets   | Encourage YP to make their own rocket fruit then any left to make for adults  | Plastic plates/bowls<br>Grapes/strawberries<br>Party Rocket Sticks   |  |
| <b>11.45am</b> |   |   | <b>Ensure pizza in oven by 11.45</b>  |   |  |  |
| 11.50          | To identify foods that contain carbohydrate in the pizza        |   | Asking young people which foods contain carbohydrate<br><br>Asking YP how they will found out how much carbs in a food – <b>food label</b><br><br>Work through each food in turn<br>- Flour, sugar  | YP – identifying foods in the pizza that contain carbohydrate<br><br>YP looking up on each packet and writing on worksheet<br><br>Work out for serving size (half pizza)  | Food packaging<br>Pizza worksheet<br>Lego bricks for counting        |  |
| 11.55          | To identify foods that contain carbohydrate in the rocket fruit |   | Asking young people which foods contain carbohydrate<br><br>Asking YP how they will found out how much carbs in a food – <b>Carbs and Cals</b><br><br>Work through each food in turn<br>- Grapes, Strawberries<br>Help younger children to could using lego | YP – identifying foods in the rocket fruit that contain carbohydrate<br><br>YP looking up on Carbs & Cals book and writing on worksheet<br><br>Work out for each rocket fruit (in case young child unlikely to eat 3) | Carbs and Cals<br>Lego bricks for counting<br>Rocket fruit worksheet |  |
| 12.00pm        | BG testing, carbs into meter and injecting insulin              | To be able to complete diabetes tasks effectively | Ensure families know we are about to eat and this is the time for BG testing and injections<br><br>Eat with the YP once BG testing complete   | Adult – supporting YP as appropriate<br><br>Add pizza and fruit carbs together. Support YP to do this themselves<br><br>YP adding in carbs to meter or working out doses with parental supervision                    | Kit with YP from home  |  |

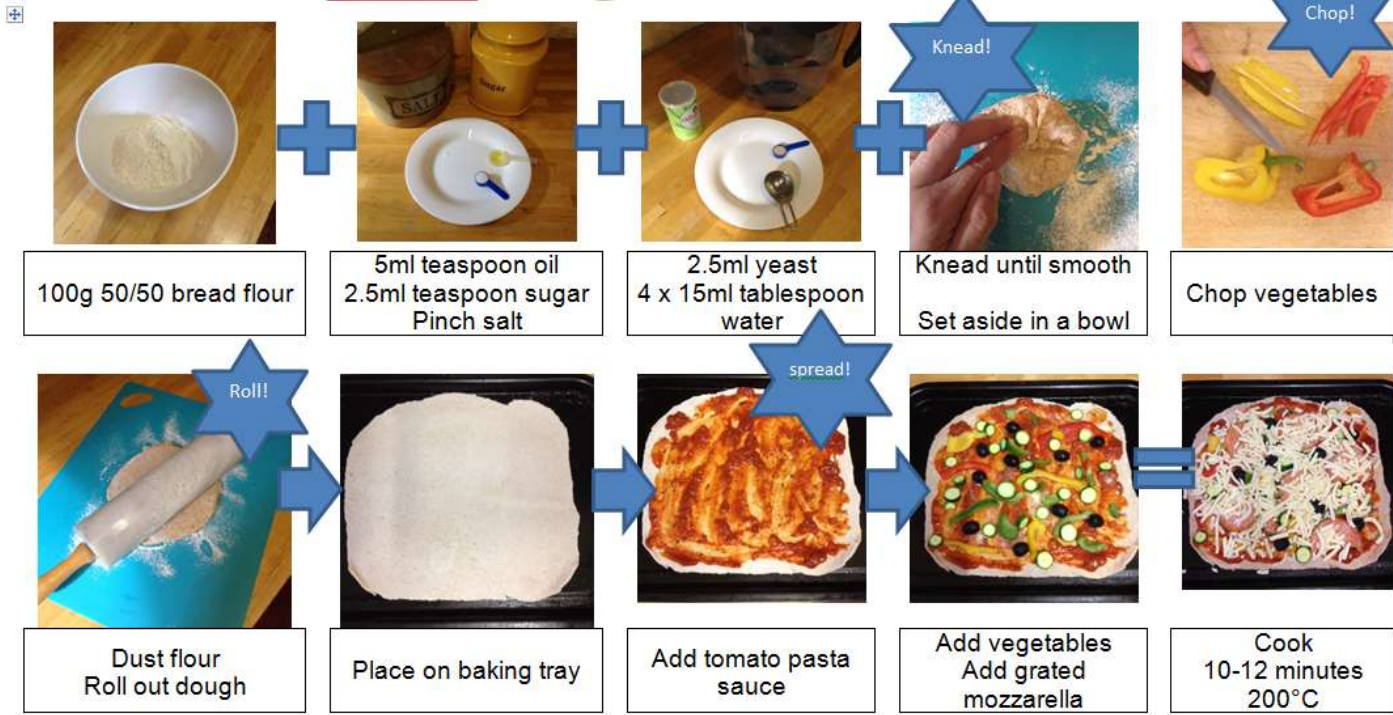
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|-------------|------------------------------|----------------------------------|---|--|---|--|
| 12.05       | Eat                          | Eat                              | Eat   | Eat  | Plates<br>Pizza/Rocket fruit<br>Plates                                    |  |
| 12.20       | Plenary                      | recap                            | <p>Summarise what they have learnt today</p> <ul style="list-style-type: none"> <li>- find out about carbohydrates in food &amp; how to read a label</li> <li>- how to use the Carbs and Cals book</li> <li>- prepare and eat pizza and rocket fruit</li> </ul> <p>Ask about GI of food and affect on BG levels from pizza</p> <p>Ask how pizza affects their BG levels</p> <p>Ask how these pizzas are healthier (portion size, 50/50 flour, vegetables) 5 a day and what is a fruit portion</p> <p>Evaluation form for family</p> | <p>All - Listening</p> <p>YP - Explaining what they have learnt today</p> <p>Answer questions/contribute to discussion</p> <p>Complete evaluation form</p> | evaluation sheet  |  |
| 12.30       | Return to customer reception |                                  | Ensure all families are escorted from building safely   |  |   |  |
| 12.35 – 1pm | Tidy up and pack away        | To leave the training room clean | <p>Wash up and wipe down tables</p> <p>Pack away equipment and unused foods</p> <p>Sweep floor</p>  | Left the building  | <p>Washing up liquid</p> <p>Dustpan and brush</p> <p>Antiseptic wipes</p> |  |
| <b>1PM</b>  | <b>FINAL CHECK</b>           | <b>TO LEAVE ROOM SAFE</b>        | <b>CHECK ALL OVENS ARE OFF<br/>TURN OFF FANS<br/>TURN OFF LIGHTS<br/>CLOSE WINDOWS<br/>SHUT DOOR</b>  |  | <b>OVENS OFF AT SOCKET AT SOCKET &amp; DIAL</b>                           |  |

Serves 2 people



# Vegetable Pizza

We make our pizza healthier by using 50/50 flour and having extra vegetables

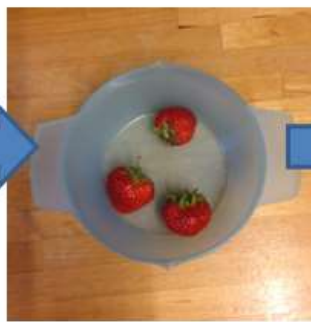




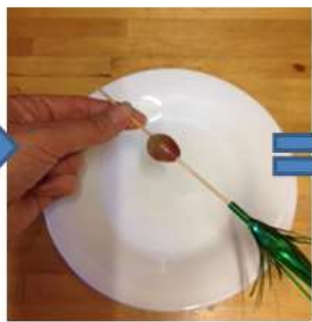
# Rocket Fruit



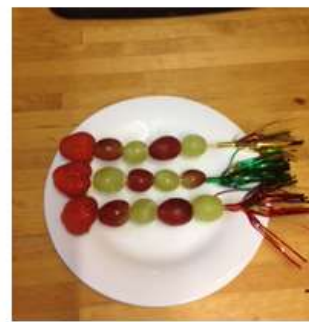
80g grapes



3 strawberries (40g)  
(remove green tops)



Thread grapes  
onto stick



Add 1 strawberry  
to the top  
of your rocket!

Make 3 Rockets with your fruit