

Programme/Course	Module	
Cook and Eat Fun (Diabetes)	Diabetes	
Topic	Level of study	Venue
Food groups and cooking	Key stage 3	Exmouth Community College
Title of session:	Session no:	Date of session
Amount of carbohydrate per 100g	1	28/9/16 3pm start
Name of learning group:	Time of session:	Duration of session:
Young people with T1 diabetes	End of school day	1.5 hours
Number of participants – 2 with diabetes (1 friend)		

Aims of the session

- To identify carbohydrates within their pizza and calculate the carbohydrate content

Learning Outcomes

(key skills?)

- To be able to prepare a pizza
- To be able to identify foods containing carbohydrate in a pizza
- To be able to read a label and identify the total carbohydrate per 100g for each carb ingredient
- To be able to calculate the amount of carbohydrate from the weight of the ingredient
- To be able to add up all the individually calculated carbohydrate amounts to give the carb value of the whole portion of pizza

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 recipe; why is this recipe healthy – 50/50 flour, low fat cheese, vegetable toppings

Formative – feedback carb contents of food prepared and portion size

Formal written – Carbohydrate quiz, how much carbohydrate in their pizza

Evaluation Activities to be built into session

Looking and listening to learners, are they engaging in the activity, do they complete task
 Maths ability; what is their understanding and ability to add up numbers; multiply and divide. Can they use a carbohydrate calculator or electronic calculator?

Have they enjoyed the experience (thumbs up, neutral or down) or pink cards 'what went well' and 'even better if'

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

Carbohydrate quiz

Create carb counting sheet

Create recipe sheet, in colour with instructions in pictorial and written form – vegetable pizza

<p>Equipment needed from school:</p> <p>Large mixing bowl Small mixing bowl Sharp knives Chopping board Rolling pin Serving spoons Ovens Baking trays Washing up liquid Tea towels/oven gloves Jug (for water)</p> <p>Equipment needed to take:</p> <p>Pink evaluation cards 'what went well' & 'even better if'</p> <p>Squash (sugar free) Plastic cups Hypo treatment – lucozade tablets, orange juice</p> <p>Paper bags to take pizza home with Scales (from hospital) esp St James</p> <p><i>Red square sheets</i> <i>Red milk bottle tops</i> <i>Scissors</i> <i>Pencils</i></p> <p>Calculators Carbohydrate calculators <i>(Carb reference sheet – in case not on label)</i></p> <p><i>Pizza boxes</i> <i>Takeaway pizza menus for comparison to our healthy pizza</i></p>	<p>Ingredients needed: (for max 4 people)</p> <p>50/50 flour bread flour (500g minimum) Vegetable oil (from school or dietitians own) Sugar Salt Fast action yeast</p> <p>3 small courgette 1 pepper 1-2 mushrooms 2-3 tomatoes 1 jar pasta sauce 2 x 200g grated mozzarella Black olives</p>
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TIME	CONTENT / TOPIC	lo	TEACHING ACTIVITIES	LEARNING ACTIVITIES YP = young person	RESOURCES	ASSESSMENT/ DIFFERENTIATION/ NOTES
15.00	Preparation		Create workstations, ensure all ingredients for their session on each workstation Turn on ovens		Ingredients pizza recipe sheet Get sharp knives	
15:05	Introduction		Welcome and introductions to facilitators and each other Ice breaker – what is the meal your whole family eat at home? Find out about their own experiences of cooking. What foods do they like to cook and eat	Get a drink of squash, settle down Participate in the icebreaker Complete the CHO Quiz	Labels and colouring pens	
15.10	Plan for today's session	Students prepared for task and aware of finish time	Today we will be making pizza then working out the carbohydrate content the recipe. We will cook it in the oven today (we can eat them at the end of the session). Finish at 4.30pm today	Answering questions		
15.15	Each young person to find a workstation	To make pizza	Support students with reading the pizza instruction sheet Help with kneading the dough until smooth (10 minutes)	Reading instruction sheet and following what they need to do Weigh ingredients & make dough first Set aside to chop vegetables they want for the pizza Roll out pizza dough Top with pasta sauce then vegetables and cheese	Pizza recipe sheet School knives & cooking equipment Ingredients Ovens	
15.45	Tidy up	Tidy up	Help with tidying up if needed (make sure all packets ready for carbohydrate counting at end)	Tidy up and pack away	Washing up liquid, school tea towels	

16.00			Put all the pizzas into the oven			
16.00	Carbohydrate content of pizza – how to work out	To work out how to read a label to estimate carbohydrate	<p>Work which ingredient in the pizza has carbohydrate</p> <p>Work out how much carbohydrate in the flour, sugar, cheese?</p> <p>Discuss the difference in takeaway pizza, bought pizza today's pizza</p> <p>Will they eat the whole serving ?</p>	<p>Able to identify the ingredient that contains carbohydrate</p> <p>Able to tell me the 'total carbohydrate' per 100g' for flour and sugar.</p> <p>Able to use the carbohydrate calculator (or maths) to work out how much in each ingredient</p> <p>To be able to state why our pizza is healthier compared to takeaway and shop bought pizza</p>	<p>Food label</p> <p>Recipe sheet</p> <p>Carb calculator</p> <p>Calculator</p> <p>Carb counting sheet (linked to recipe – with integral cooking instructions)</p>	
16.15	Eat if they want to		<p>Ensure BG test completed and insulin dose correctly calculated for carbohydrate content of pizza</p> <p>Ensure insulin administered</p>	<p>BG test</p> <p>Carb count added to meter/pump</p> <p>Dose of insulin given</p>		
16.25	Close	<p>Evaluate session</p> <p>Inform of next week</p>	<p>Turn off ovens</p> <p>Evaluation – pink sheets</p> <p>We will be making chocolate brownies next week</p>	<p>Finish washing up and pack away their things</p> <p>Complete the pink evaluation sheets</p>	evaluation sheets	

Evaluation:**Completed after the session and includes key comments regarding:**

- **Evaluation of the effectiveness of the session / what went well; what didn't; what could be altered and how.**

They struggled with working out carb values

Need to look at explaining the process of amount per 100g and not assuming any knowledge

Difficulty getting concept of working out amount of carbs per 100g then converting into lower amount

We ate the food! A real step forward for the kids to be able to inject and eat at the end of the session

Looking at the pizza boxes and working out how much there was in a whole pizza and making their pizza meal healthier worked really well

- **Evaluation of performance of a tutor/ what did I do well? What do I need to work on? How?**

Worked well cooking with the young people

More engaged with me and I was able to initiate more open conversation

Pupil's evaluation

What went well with your cooking....?	What went well with talking diabetes today....?	Describe Cook and Eat today in one word.....?
Everything All of it Adding all of the vegetables to make it healthier	Sharing of who we are and how long we've had it	Enjoyable Emaculate Fantastic Fun Yummy Amazing
Even better if.....?		
If I could've gotten much pizza bigger!!!		