

Diabetes

THE NUMBER FIVE KILLER IN NORTH CAROLINA

Your tribe must survive diabetes by using the tools of education and action.

Your challenge is to create a game based on diabetes and obesity information.

Survival Plan: Don't Gamble Your Health

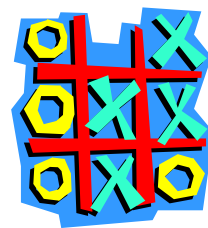
By Annette M. Harris and Carol O'Brien

Central Carolina Community College

Background

To reinforce knowledge that students gained in Central Carolina's first Survivor North Carolina challenge—*The Survey Says . . .*—we created two games that are described on the following pages.

- The first is a **True/False Quiz Show** with active consequences for the losing team.
- The second is a board game called **The Race to Prevent Diabetes**. It provides an opportunity for the students to construct their own versions of the game for others to try.



Graphics from Microsoft Clip Art

The True/False Quiz Show

By Annette M. Harris

Level: My class consists of High Intermediate/Advanced students, but this game concept can be satisfactorily adjusted for other levels.

Objectives:

- Students test their memories and reinforce their learning about diabetes by answering questions from the surveys they previously designed (see the survival plan called *The Survey Says . . .*).
- Students reinforce their understanding about the importance of physical activity in controlling obesity and diabetes by doing some light physical activities.

Time: Our class meets daily for three hours. As long as students have copies of the survey questions and have reviewed them, there is little teacher preparation time required. You can take as much time as you want to play the game. You can decide how many questions will be asked, how many rounds will be played, and how long students will have to answer the questions.

Materials: You will need copies of the five sets of survey questions and answers from the preceding survival plan entitled *The Survey Says . . .*. Each set of questions/answers will have one of the identifying graphics below.



1



2



3



4



5

It's Show Time!

Introduction

Give students some time to review their survey questions.

Warm Up

Begin this game show by doing a few stretches as our class shows below:



Teams

Divide the class into two or more teams.

Moderator

As the instructor, I act as the game show moderator. I read all questions as true or false: this requires me to modify yes/no and multiple-choice questions from the surveys. It also tests students'

abilities to hear/understand and work with content information presented in a slightly different manner.

The Rules

Students form two lines: team A and team B. The first person on team A gets question #1; the first on team B gets the question #2.

1. Students may not help each other answer the questions.
2. Students have three seconds answer either “true” or “false.” Each correct answer counts one point.
3. The group that has the most points at the end of the game wins.
4. The losing team must complete whatever light physical activity the winning team chooses.



Sample activity:

- March or walk around the room four times.
- Run, walk, or march in place for 3 - 5 minutes.
- Play music and do the twist for 3 - 5 minutes.
- Dance for 3 - 5 minutes
- Do the “Chicken” for 3 - 5 minutes.
- Play Simon says: name different movements for 3 - 5 minutes.



The Rules (continued)

5. All students must do stretches at the end of the game.



Variations

- Questions can be put on cards. Students from one team can read the questions to students on the other team.
- Students can do more research and develop more questions for the game.
- At the beginning of the game, students can decide how long they want the losing team to do an activity.
- At the end of the game the whole class can do a dance. The Hora and the Mexican Hat Dance are good, active circle dances.

Teacher's Notes

My students enjoyed this game, especially the end when the losing team had to perform the physical activity. The game did reinforce their information about diabetes and about their need for physical activity—plus they **laughed a lot!**

The Race to Prevent Diabetes

By Carol O'Brien's ESL Class

Level: My class consists of Beginning to Intermediate students. This game plan can be adjusted to and enjoyed by other levels.

Objectives:

Students will

- Use their knowledge about good habits to aid in the prevention of diabetes
- Construct and play a board game

Time: Our class took

- About an hour in class to discuss objectives and construct a handwritten rough draft of games.
- Thirty minutes or more to play, depending upon how many different games the class designs and how many times they want to play

Materials: Game board templates, completed game boards, a list of game rules, a token for each participant, a die for each group, and some (optional) small prizes.

Class Activities

Introduction:

The students attended an informative session about diabetes led by Maria Soto. (See Central Carolina's first Survivor North Carolina challenge: *The Survey Says*)

Before constructing the game boards, the class discussed good and bad habits concerning preventing diabetes and wrote them on the board.

Constructing a Game:

The students used a game board template (without color) to construct a game. You may construct your own or use one from <http://jc-schools.net/>. (Click on *tech tutorials* on the right side of your screen under *quick links*. Click on *game boards* in the drop-down menu under *choose a tutorial*.)

Students entered good habits with good consequences and bad habits with bad consequences in order to move the players forward and backward on the game board.

I took the students' handwritten rough drafts, typed them into the template, and added color. I then made more than one copy of each game board so that we could have more groups.

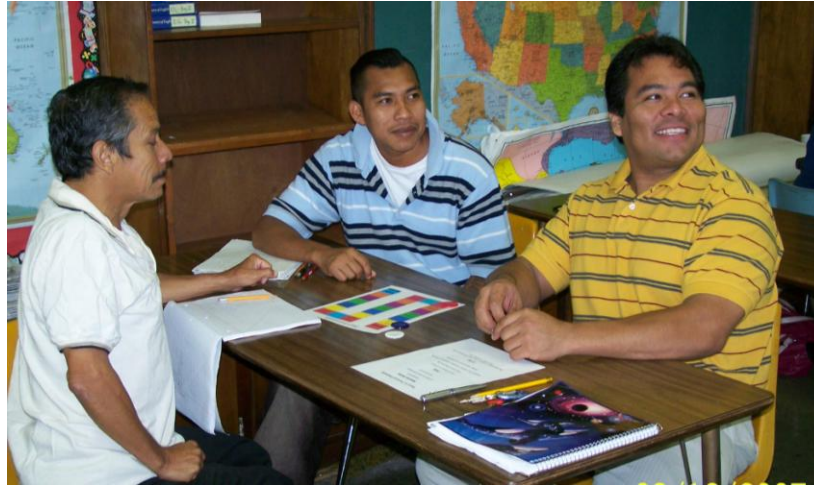
Competition Day:

On the day we played the game, the class divided into groups of three (because that worked well with the number of students we had and the number of games we had). Each group had a game board, a token for each person, a die for each group, and a list of rules. Each group played each game at least once.



Teacher's Notes:

The students had a very enjoyable time both in constructing and in playing the games. I awarded small prizes (pencils) for the winners, and almost everyone won at least once.



Rules for the Race to Prevent Diabetes

1. Put all tokens on START.
2. Take turns rolling the die.
3. Advance the number of spaces indicated on the die.
4. Follow instructions in the spaces.
5. The first person to land on the **YOU WIN!** space wins. The player must roll the EXACT number to land on the **YOU WIN!** space. If you roll any other number, you stay on your current space until your next turn. (Example: If you need to move 3 spaces to get to the **YOU WIN!** space and you roll a 5, you do not move your marker. You wait for your next turn and you do not move until you roll a 1, 2, or 3.)

Sample Game – Race to Prevent Diabetes

START		<p>You ate a balanced meal of lean meat and vegetables. Take another turn.</p>		
<p>You exercised for 30 minutes. Advance three spaces.</p>				<p>You ate an apple for a snack. Advance two spaces.</p>
		<p>You drank five beers. Go back three spaces.</p>		<p>You watched TV all day and ate junk food. Go back three spaces.</p>
<p>You ate three doughnuts. Go back two spaces.</p>				
		<p>You danced all evening with your friends. Advance two spaces.</p>		<p>You exercise regularly and eat well. Take another turn.</p>
<p>You went to the doctor for a checkup. Take another turn.</p>				
	<p>You drank six sodas in one day. Miss your next turn.</p>			END

Race to Prevent Diabetes

Manuel Ramos, Carlos Carbajol, and Artemio Feliciano

START		You eat fruit for a snack. Take another turn.		You drank five beers. Go back three spaces.
You drink a lot of beer. Lose a turn				
				You exercise regularly and eat well. Take another turn.
You exercised for 30 minutes. Advance three spaces.		You eat a lot of lean meat and fish. Advance two spaces.		
				You watched TV and ate junk food all day. Go back five spaces.
You eat a lot of vegetables. Take another turn.				
		You eat a lot of fried foods. Miss your next turn.		YOU WIN!

Race to Prevent Diabetes

Maria Flores, Maria Calderon, Esperanza Ocampo, and Yolanda Abed

<p>START</p>		<p>You ate a bowl of soup for lunch. Advance three spaces.</p>		<p>You ate pizza for dinner. Go back one space.</p>
<p>You drink a lot of water every day. Advance one space.</p>		<p>You eat fish often. Advance three spaces.</p>		
				<p>You ate five doughnuts. Go back two spaces.</p>
<p>You eat a lot of fruit and vegetables. Advance two spaces.</p>		<p>You ate a hamburger and large fries for lunch. Go back one space.</p>		
<p>You often overeat. Go back two spaces.</p>				<p>You walk one hour every day. Advance two spaces.</p>
		<p>You exercise regularly. Advance three spaces.</p>		<p>You drank several beers. Miss a turn.</p>
<p>You drink sodas every day. Go back two spaces.</p>	<p>You ate turkey for dinner. Advance three spaces.</p>	<p>You ate a salad for lunch. Advance three spaces.</p>		<p>YOU WIN!</p>