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# Dietary recommendations for diabetes and overweight/obesity

## Discussion: Dietary recommendations for diabetes

In pairs, discuss what special dietary recommendations might be given to a person who has diabetes. How do you think this could be different for a person who is overweight or obese?

Dietary recommendations for diabetes:

- 1- don't eat fast foods.
- 2- do enough physical education.
- 3- Eating a healthy diet

Activity 6

## Healthy diet for a diabetic patient

ate a one-day meal plan for a patient who has type 2 diabetes. Use the following information to create your meal plan.

is 45 years old. He has just been diagnosed with type 2 diabetes. He does not eat a balanced diet. He does

	Breakfast	Lunch	Dinner
Meal information	apple drink milk ✓	chicken ✓	yoghurt and milk ✓
Snacks	peanuts ✓	Oats ✓	peanuts ✓
Other advice	0 sugar ✓ Intake ✓	Don't drink pepsi ✓	Don't eat sweets ✓

Challenge with balanced!



Activity 3

## Compare

In your own words, compare type 1 and type 2 diabetes. Include their causes, age of onset and other names they can be referred to.

Type 1 diabetes	Type 2 diabetes
when the body cannot produce enough insulin	Symptoms progress over time, overweight/obese
(Children)	Patients who are 40 years old.
Patients diagnosed can be overweight	<del>obese</del> obese, not doing enough physical activity or have an unhealthy diet

### Notes:

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# Matching



In the following space. Match the word with its meaning. Then, write a fact about a word from the left column.

auto-immune disease	a hormone
blood glucose	sugar in the blood
gestation	makes insulin
insulin	the stage before diabetes
pancreas	during pregnancy
pre-diabetes	the immune system attacks the body

Fact:  
.....  
.....  
.....

Note



Identify if each of the following statements about the complications of diabetes are true or false.

1. Hypoglycaemia is when there is too much sugar in the blood.

 F

2. Hyperglycaemia can affect people who have type 1, type 2 and gestational diabetes.

 T

3. Hypoglycaemia can occur when someone with diabetes takes too much insulin.

 T

4. If diabetic retinopathy is not treated, it can lead to blindness.

 T

5. Gestational diabetes can put the mother at greater risk of developing type 1 diabetes in the future.

 F

	Breakfast	Lunch	Dinner
Meal information	wholegrain bread fruit low-fat milk eggs	<del>vegetable</del> vegetable soup <del>fish</del> fish	steak / or chicken - wholegrain noodles - green salad
Snacks	yogurt <del>with</del> fruit	yogurt cucumber fresh juice	veggie chips
Other advice	Drink water exercise wake-up early		

Your teacher will show you the video about type 1 diabetes. Make notes about what you learned from the video. Include information about each of the following topics.

What happens when you eat food?

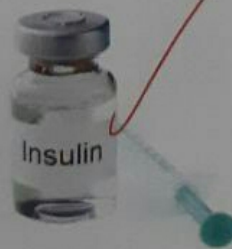
weight gainers

What is glucose?

suger in the blood

What is insulin?

a hormone that is produced  
the pancreas the rate of this  
hormone



Food  
sugar  
insulin  
! (smiley face)



Your teacher will show you the video  
Name some of the complications of diabetes.

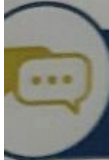
What test can help to identify diabetes in the early stage?

- A- urine test
- B- ~~stand~~ Random blood glucose test.
- C- Glycated haemoglobin (~~Hb~~ HbA1c) test
- D- oral glucose tolerance test (OGTT)

Who is at risk of developing complications from diabetes?

people who don't eat healthy, exercise  
or take their medicine.

## 0.1 Types and causes of diabetes



### Discussion: What do you already know about diabetes?

In groups, discuss what you already know about diabetes and answer the following questions.

What is diabetes?

A condition where the body's ability to or to produce insulin is not working

What causes diabetes?

The body cannot make enough insulin to reg.

How can it be diagnosed?

Doing (HbA1c) test or (fasting glucose)

How can it be treated?

I can go to the doctor

Put the signs and symptoms for hyperglycaemia and hypoglycaemia into the correct box.



### Remember

Hyperglycaemia and hypoglycaemia can have similar symptoms.

Polyuria

Hunger

Pale

Fruity breath

Polydipsia

Dizziness

Sweating

Fatigue

Hypoglycaemia

~~Hypoglycaemia~~  
Dizziness  
Feeling hunger  
Irritated  
Pale, Sweating

Hyperglycaemia

- Polyuria  
- Polydipsia  
- Fruity breath  
- Fatig up