Healthy Start to Life Education for Adolescents Project Pacific Region

# **Taking Action**

### **Teacher Presentation Slides**

## **Learning Objective 7**

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# Activity: \$2 Lunch Challenge

SLR 20

#### What's for lunch?

 At least one sandwich and one piece of fruit

#### Menu Board

Food itemPrice perWholemeal bread10 cents/Margarine8 cents (10 cents/Cheese10 cents/Lettuce12 centsMayonnaise17 centsLuncheon sausage12 cents/Tomato20 centsPickle15 centsMarmite6 cents (12 cents/Marmite50 centsMuesli bar50 cents

Price per serving 10 cents/slice 8 cents (two teaspoons) 10 cents/slice 12 cents (enough for a sandwich) 17 cents (1 dessertspoon) 12 cents/slice 20 cents (enough for a sandwich) 15 cents (2 teaspoons) 6 cents (1 teaspoon) 40 cents each 50 cents each

#### Nutritional value vs economic cost

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# Diabetes: An Issue for My Community – 1

Missing

Economic surge sp

Real estate growth forthcom

Write a letter to the editor of your local paper or post a blog on the issue "type 2 diabetes in our community"



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# Diabetes: An Issue for My Community – 2

Economic

Real estate growth forthcon

What people need to know about: Who is at risk?

Why are they at risk?



Action to be taken!

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- Start with "Dear Editor" or "Dear Sir/Madam"
- Introduction to the topic type 2 diabetes: an issue in our community, e.g. "I am writing to you about ...", "Are people aware ..."

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**SLR 21** 



# Diabetes: An Issue for My Community – 4

Body of letter.

Paragraph 1. Which group is at risk in the community? Give relevant data. Paragraph 2. What are the risk factors for this group? Give examples and reasons.



**Conclusion**. Give your opinion on an appropriate action that should be taken.

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