**Dining with Diabetes Activities, Games & Supplies**

Dining with Diabetes is a series of three classes conducted by Ohio State University Extension and community health partners. This program helps individuals learn strategies to manage their diabetes through menu planning, carbohydrate counting, portion control, and label reading. Participants have the opportunity to sample healthy foods made utilizing concepts taught.

* **Activities (You are not required to do all activities.)**
  + Lesson 1
    - Slides 12-17: Pass out food models and have participants hold up foods that correspond to the food group on each slide
    - Slide 18: Talk about examples of meals that would fit into the meal plan suggested on the slide
    - Slide 19: Pass out food labels and talk about nutrients in each food
    - Slide 20: Show examples of portion/serving size visual aids
    - Slide 23: Show examples of artificial sweeteners
  + Lesson 2
    - Slide 14: Bring samples of fat in test tubes or 5 lbs. of fat and 5 lbs. of muscle models
    - Slide 14: Bring bag of microwave popcorn and show amount of fat in the package before popping it
    - Slide 14: Samples of meat with different amounts of fat
    - Slide 15: Bring food labels with different types of fat and oils to compare
    - Slide 18: Bring three plates with different amounts of fat and sodium. Ask participants to say which is best and how they would improve the choices.
    - Slide 21: Cover plate with saran wrap. Sprinkle normal amount of salt and then measure the amount of salt.
    - Slide 23: Arrange food models or food pictures by the amount of sodium in each
    - Slide 24: Master Gardener talk about herbs and spices
  + Lesson 3
    - Slide 14: Show models of bone with osteoporosis and healthy bone
    - Slide 16: DWD Grocery Shopping Cart Tour Movie
* **Games**
  + Bingo
  + Spin-quest
  + Fabric Toss Game
  + Plate Method Activity
  + The Carb is Right
  + The X Game
  + The Shell Game
  + What’s in a Name?
* **Items to Pack/Bring to Class**
  + For Participants:
    - Pencils/pens
    - Participant Notebooks with Power Point slides, handouts, and recipes
    - Evaluations
    - Name tents or name tags
  + For Presenters:
    - Projector
    - Computer
    - Extension cord
    - PowerPoint slides
    - Teaching aids as suggested in instructors notes in the Power Point presentation
  + For Food Preparation and Sampling:
  + Cleaning supplies
  + Cooking utensils and supplies (if not available at the facility)
  + Recipes for the day
  + Ingredients
  + Silverware, plates, cups, and napkins
  + Take home containers

*\*This program is not intended to provide individual prescriptions for diabetic meal planning and it is not intended to replace diabetes education furnished by qualified health care professionals.*

*Additional information and materials available at:* [*http://fcs.osu.edu/DWD*](http://fcs.osu.edu/DWD)*.*