

Let's Talk



Diet, Diabetes, Obesity

PUPIL SHEET

- Form a group of about 6 pupils.
- There are 3 Help Cards (BLUE, GREEN and RED) and each person should pick one of the cards and read it.

Now one person who has a BLUE card should explain what it says to the group. Repeat for the GREEN and RED cards.

- Do you think this is a problem for society?

Yes No

- If so why?

► Now please complete your own confidential questionnaire.

- **Now you are going to discuss what society might be able to do about this increase in obesity and diabetes.**

You are going to decide what is an acceptable measure and what is an unacceptable one.

Collect a set of the acceptable/not acceptable cards and give them to one person in the group. The first person reads out the first card and then as a group you decide where to place the card. Then pass the cards to the next person and repeat.

acceptable

not acceptable

▶ **Compare your results with other groups.**

▶ **Now take a postcard and write a message to yourself.**