

**ADULT ESOL LESSON PLAN**  
**For Proficiency Levels Low Intermediate and above**  
**Helping Students Understand Diabetes Risk Factors**

**Class**

**ESOL Competencies:** Health and Nutrition Topics.  
 Recognize the importance of healthy eating; Ask for and give advice on health and nutrition issues; Communicate effectively using vocabulary related to illnesses; Ask for and give advice related to nutrition and good health habits.

**Cultural Focus:**  
 Many ESOL students are at greater risk for diabetes. In the U.S. you can check with your county health department for diabetes screenings.

**Classroom Procedure:**

1. Pre-reading. Have students read titles and bold headings as a pre-reading activity. Ask what they think the article will be about. Do they know or does anyone in their family have diabetes.
2. Use the *Diabetes Fact Sheet* to guide discussion. Have students read silently for comprehension and then aloud.
3. Ask comprehension questions such as:  
 What is hyperglycemia? What is hypoglycemia? Which gland releases insulin into the bloodstream? What are the five things that cause diabetes?
4. Use the *Diabetes Fact Sheet* to guide a discussion about diabetes. For lower level students, the fact sheet can be used to follow along as the instructor guides the discussion. Higher level students can divide into groups to study the fact sheet and present what they have learned.

**Grammatical Focus:**  
 Real Conditional Statements -  
*If a diabetic does not get medical care, the amount of glucose rises above normal.*  
*If a person eats right and exercises, he can lower his risks for diabetes.*

**Vocabulary:**  
 Diabetes  
 Insulin  
 Pancreas  
 Blood glucose  
 Nourishment  
 High-risk  
 Hypoglycemia  
 Hyperglycemia  
 Diabetic

**Pronunciation:** /s/, /z/ or /lz/ for third person singular verbs and plurals

**Community Resources:** Bring in an outside speaker from the County Health Clinic to speak on diabetes.

**Text Books:**

**Materials/Additional Resources:**  
 Brochures from the links on the training website  
 Brochures from the county health department

**Evaluation:**