

Lesson 6

Unit Assessment

Question: How can you apply what you have learned to your own life and community?

In today's assessment, you will:

- ☐ Revisit Chalk Talk from Lesson 1 as a class
- ☐ Use Student Sheet 6: Reflections to respond individually
- ☐ Revisit your SMART goal
- ☐ Look forward: What can we do?

By the end of this unit, we hope that you have learned:

- Most traits are determined by a combination of genetic and environmental factors, including complex diseases like type 2 diabetes.
- Type 2 diabetes is a growing concern and occurs frequently in our communities.
- Type 2 diabetes is a complex condition that is heavily influenced by environmental factors such as access to resources, personal choice, product marketing, public policy, socio-economic status, and stress.
- Type 2 diabetes is caused by the effects of high blood glucose levels over time.
- Glucose, the major energy source for all human cells, is released primarily through digestion of carbohydrates. Food choices impact blood glucose levels.
- Type 2 diabetes is a serious condition with negative health consequences if left untreated.
- Type 2 diabetes can be prevented: factors contributing to a person's risk include good nutrition and exercise.
- Students can make a meaningful contribution to the prevention of type 2 diabetes.

Let's get started!

- ☐ **Revisit the online Chalk Talk either in person or at the link given to you by your teacher. Chalk Talk explores themes in this unit.**

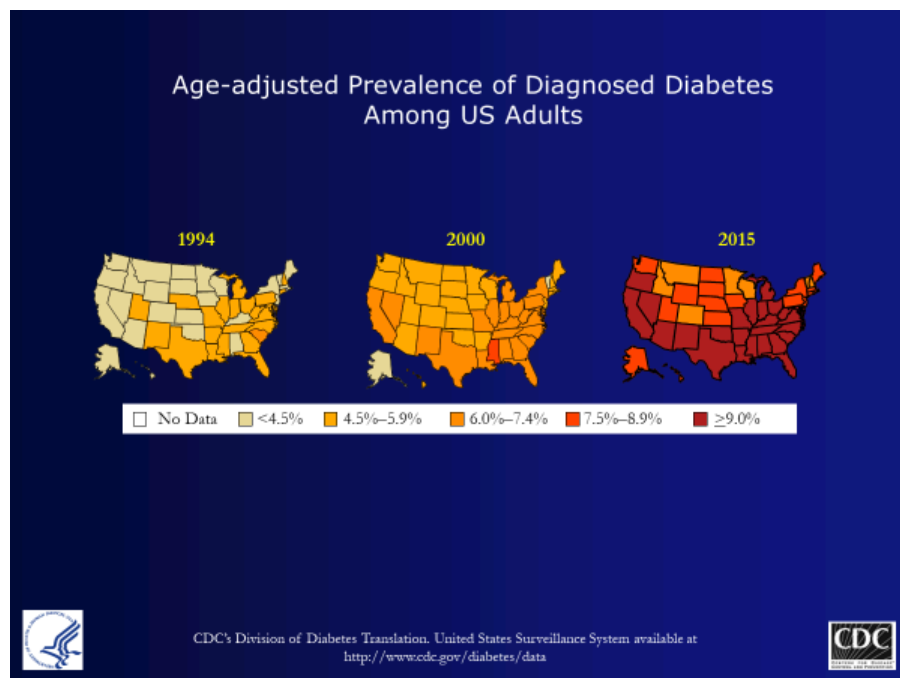
Participate by responding to [each of the six prompts](#).



This icon shows points for group discussion or teacher input, if possible. Students should answer any questions on their own if completing the Road Map independently.

Re-read your own comments and those of your classmates made before beginning the unit. Using a new color of pen, make any additions you would like to make, and star any comments that you feel are worth highlighting.

- **Make a copy and use [Student Sheet 6: Reflections](#) to respond to the Chalk Talk prompts individually**
- **Revisit and reflect on the [SMART Goal](#) you made for yourself at the beginning of this unit. Find your SMART Goal and fill out the End-of-unit Reflection Questions on the second page.**
- **Look forward: What can we do?**



Remember the data from the CDC that we viewed in Lesson 1? If you have a leadership/project component to your education, you could create a type 2 diabetes-themed *Call to Action* project. Because this topic is so complex, type 2 diabetes lends itself well to extended learning through student projects. Successful *Call to Action* projects implement direct, meaningful, and relevant actions to make a contribution towards combating diabetes within your own community. This [Student Resource](#) could be helpful.

Project Ideas

Ideas for projects may include:

- Educate peers and others on sugar content of common drinks
- Survey and analyze foods typically given at food banks
- Produce a podcast about the ethical and/or social implications of semaglutide drugs (Wegovy or Ozempic) that originated for T2D and are used for weight loss
- Create a media literacy lesson for peers using food and drink marketing
- Develop a cookbook
- Enroll a team/create an educational table for a *Tour de Cure* or other event
- “Do This, Not That” (in parallel to book “Eat This, Not That”)
- Develop a script for a “living room focus group”
- Propose public policy at local or state level to improve health
- Develop a monthly healthy menu plan for a family of four given a budget
- Assess the nutritional quality of school lunch programs
- Use a personal tracking device or health app to analyze one’s own practices

Project Resources Include:

International Diabetes Federation

www.idf.org

Center for Disease Control

<http://www.cdc.gov>

American Diabetes Association

<http://www.diabetes.org>

World Health Organization

<https://www.who.int/health-topics/diabetes>

United States Department of Agriculture

<http://www.fns.usda.gov>

MedlinePlus Medical Encyclopedia

<http://www.nlm.nih.gov/medlineplus/ency/article/000313.htm>

National Heart, Lung and Blood Institute. National Institute of Health.

<http://www.nhlbi.nih.gov>

National Heart Lung and Blood Institute-Portion Distortion Quiz

<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>

The Weight of a Nation resources

<https://www.nih.gov/health-information/nih-weight-nation>