




WEEK 5

LET'S TALK ABOUT FOOD

Our talking points today	Time (mins)
Welcome and recap from last week	10
Ice breaker quiz  Ice Breaker Week 5	10
Discussion: <ul style="list-style-type: none"> • What did you have for breakfast today? • What's your least favourite food? • What's your most favourite food? • How often do you have a take-away meal? • What foods do you think have the most sugar? 	15
Social and Cultural Importance of Food <ul style="list-style-type: none"> • World Food pages at Carb awareness Know Diabetes • KD eat better page; video with Salma Eat Better Know Diabetes and others talking about carbs and different foods • Lyn Type 2 healthier Caribbean food Know Diabetes • South Asian community Know Diabetes 	15
Wrap up	5