

HOSA Mini Lesson: Endocrine and Diabetes

Objectives:

Upon completion of this lesson, students will have sufficient knowledge of, and be able to:

1. identify the complexity of the endocrine system.
2. define diabetes and the three types of diabetes.
3. list the cardinal symptoms of diabetes.
4. explain the treatment recommended for type I and type II diabetes.
5. indicate normal blood sugar range.
6. describe the symptoms and treatment for hypoglycemia.
7. summarize the importance of addressing prediabetes.
8. categorize the possible longterm complications of diabetes and impact on lifestyle.
9. Calculate the total carbohydrates of their last fast food meal.

Time:

- Lecture on endocrine and diabetes – one class period
- Develop a brochure for 12-14 years old who have been diagnosed with Type I Diabetes. To include: definition, medication – including insulin injection, diet, exercise, symptoms and management of hypoglycemia, members of the treatment team, and community support
- Complete a list of food in their last fast food meal and calculate total carbohydrates.

Materials:

- Internet access
- Diabetic Brochure Rubric

Instruction:

1. Video of Nearpod Presentation (36 minute video)
2. Brochure Instructions

Assessment:

1. Diabetes Brochure
2. Written assessment.

Standards:

NCHSE

1.1.2 Identify basic structures and describe functions of human body systems.

h. Endocrine

- Structures of the endocrine system
 - o Identify endocrine glands
- Functions of the endocrine system
 - o Production of hormones
 - o Regulation of body processes
 - o Controls metabolism
 - o Regulates growth, development, and maturation

1.2.1 Describe etiology, pathology, diagnosis, treatment, and prevention of common diseases and disorders, including, but not limited to the following:

- o Diabetes Mellitus

For additional Curriculum Crosswalks see [CE Useful Tools](#)