**Reflection sheet**

**Summary:**

For this project, the teamwork was partially great, we finished the work quickly. we met up twice. For the first meeting; we all had a meeting with a professional dietitian that helped answer our questions. For the second meeting; we created a survey that we provided to family members and friends with diabetes, we then compared the outcomes with links from google websites. We all learned the importance of teamwork and how to divide our work.

 **the websites used for the project:**

<https://www.cdc.gov/diabetes/basics/symptoms.html>

<https://www.diabetes.org.uk/diabetes-the-basics/diabetes->

[https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in- depth/diabetes-prevention/art-200476.39](https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/in-%20depth/diabetes-prevention/art-200476.39)

***FIRST MEETING: Tuesday, 18 October, from 4:30 PM to 10 PM***

***SECOND MEETING: Saturday, 22 October, from 11:30 AM to 3:30 PM***

***Notes taken:***

**Sara Akkawi:** Sara was very focused through both meetings and was very helpful, she was super patient and always offered to help, she had such an important role in the whole project with how helpful she was.

**Tamara Elias:** Tamara was very cooperative with everything and always helped us to organize the project, she was extremely helpful as well and was never distracted, she was very determined to make this project amazing.

**Diala Naber:** she was helpful and stuck to her job and helped us take notes in the beginning, but wasn’t very concentrated in the second meeting, she still did a great job.

**Naya Karadsheh:** She was very distracted and barely focused in the first meeting, she was on her phone a lot and wasn’t very determined, although in the second meeting she helped us and designed the posters in a very nice way.