



Educator Guide: Sugar Lesson

Recommended for Grades:

3rd grade

Time:

5 minutes

National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: shapeamerica.org.

Learning Objectives:

After completing this lesson students will be able to:

1. Show where the amount of sugar in a food or drink is listed on Nutrition Facts labels.
2. Recognize at least three names for sugar that are commonly listed in a food or drink's ingredients list.
3. Identify the food or drink with added sugar, when given two food or drink options.

Lesson Description:

This lesson takes a closer look at where and how sugar is included in a variety of foods. Students will learn different names for sugar, so they know what to look for in foods and drinks they consume. They will also explore a Nutrition Facts label.



Pre and Post-Test Questions:

Use the following questions with your students in any way that you see fit (on paper, using a survey tool, etc.) You may choose to combine questions from various lessons and activities that your students participate in. Correct answer choices are bolded.

1. Which drink does not have added sugar?
 - a. Juice
 - b. Water**
 - c. Lemonade
 - d. Strawberry milk

2. What is another name for sugar that might be in an ingredient list?
 - a. Fiber
 - b. Fat
 - c. High fructose corn syrup**
 - d. Oil

3. Why is it important to read the nutrition facts label on your food?
 - a. It keeps you from getting bored while eating.
 - b. It tells you how much fat and sugar are in that food.**
 - c. It tells you how much it costs.

Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Sugar Lesson. You may choose to use this list in any way that fits your needs.

- Go foods – foods that you can eat almost any time because they're good for your body
- Nutrition Facts label – the label on most foods that has information about what nutrients the food contains
- Serving size – the amount of food that is considered one serving, which can be found on the Nutrition Facts label
- Slow foods – foods that have some sugar or fat, which you should eat no more than a few times per week
- Whoa foods – foods that you shouldn't eat very often because they're not very good for your body

Supplemental Activity: Sugar Attack

Objectives:

After completing this activity students will be able to:

- Determine how much sugar is in one beverage container.

Materials Needed:

- Variety of drinks that contain more than one serving (ex. 20 oz soda, pint of chocolate milk, bottle of water, etc.)
- Sugar
- Teaspoons
- Clear cups or containers

Time Required:

30 minutes

Instructions:

Discuss with students that oftentimes people will drink a beverage from a container that contains more than one serving. For example, a bottle of lemonade may contain two or more servings, but people often drink the entire bottle. So, they are getting way more sugar than they think.

Bring in, or have your students bring in, a variety of drinks that contain more than one serving. Examples could include a bottle of iced tea or lemonade, a 20 oz. bottle of regular soda, a pint of chocolate milk, a bottle of water, etc. Divide students into small groups so that each group gets a drink. If you include water as a drink choice, give that group a sugary drink too.

Each group's task is to figure out how many teaspoons of sugar are in their drink. Four grams of sugar is approximately one teaspoon. Once they figure out how many teaspoons of sugar are in the entire container, they should measure out teaspoons of sugar into the clear container or cup. This provides a great visual for students, as they often don't realize how much sugar they are really consuming in the things they drink each day. Have each group share their results with the class.

Transcript

Slide 1

Sugar

Slide 2

Now it's time to learn how to use Nutrition Facts labels. They're on almost every food, and they give you important health information. This label is for soda.

Serving size - The serving size is eight ounces. That means that there are 2 ½ servings in this bottle of soda. The nutrition information on this label is only for eight ounces. So, if you drink the whole bottle of soda you'd need to multiply all the numbers by 2 ½.

Fat content - The label shows that there's 0 grams of fat in one serving. That means that there's no fat in this bottle of soda, but that doesn't mean it's healthy for you.

Sugar content - See the words total carbohydrate? Carbohydrate is another word for sugar. If you look below those words, you will see the word sugars. There are 27 grams of sugar in one serving. But, remember if you drink the whole bottle, you are having way more than one serving. The whole bottle of soda actually has 67.5 grams of sugar! That's a lot of sugar! See why reading the nutrition label and looking at the serving size is pretty cool?

Slide 3

Almost every food at the grocery store has a label like the one you just saw. The Nutrition Facts label tells you the serving size for that food. The label also tells you what's in that food. You can learn how much sugar, fat, and other nutrients are in the food.

You might want to have chocolate ice cream a few times a week, but take a look at this label. This ice cream is a Whoa Food because it has a lot of fat and sugar.

Slide 4

The reason that you shouldn't eat many Whoa Foods is that they have lots of sugar or fat, or both. The reason you can have Go Foods almost any time is that they don't have a lot of sugar or fat. Slow Foods are foods that have some sugar or fat. You can have Slow foods sometimes, but only a few times a week.



Slide 5

High-fructose corn syrup. Does that sound like something you'd like to eat? Probably not. But that's one of the many names for sugar. When you look at a nutrition facts label, look for these different names for sugar: high fructose corn-syrup, corn syrup, syrup, corn sweetener, lactose, dextrose, glucose, and maltose. You might find these in foods like soda, sports drinks, cookies, and candy. These are Whoa Foods and should only be eaten every once in a while.

Slide 6

All the floating foods have added sugars. Click on them to hear what kind of added sugar you would find on the label! Remember, added sugars aren't good for your body.

Soda - Check your soda label for high-fructose corn syrup.

Ice cream - Your ice cream may have maltose.

Frozen yogurt - Look! Your frozen yogurt has corn sweetener.

Sports drink - Check your sports drink label for dextrose.

Hard candy - I'll bet your hard candy has glucose in it.

Canned fruit - Check your canned fruit label for corn syrup.

Slide 7

Remember, you should stay away from sugary drinks. They have lots of added sugar. These kinds of drinks are sodas, sports drinks, flavored milks, lemonade, energy drinks and fruit juice. There isn't much in sugary drinks that's good for you.

Slide 8

There are a few things you can do to limit the number of sugary drinks you have. Click on Zach to learn about them.

Zach - It's easy! I just drink water or milk! And when I want fruit juice, I make sure I mix it with extra water. Sometimes I really want a soda, though. If I do, I get the diet, caffeine-free kind!

Slide 9

Good job!



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