



## Educator guide: Sugar lesson

### **Recommended for grades:**

2<sup>nd</sup> grade

### **Time:**

4 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](http://shapeamerica.org).

### **Learning objectives:**

After completing this lesson students will be able to:

1. Recognize at least three names for sugar that are commonly listed in a food or drink's ingredients list.
2. Identify the food or drink with added sugar, when given two food or drink options.

### **Lesson description:**

In the Sugar lesson students will learn about what can be found on a nutrition facts label. They will also learn about added sugar and different names for sugar in food or drinks. Go, slow and whoa foods are introduced in this lesson. Students will get the chance to decide if different drinks have added sugar in them or not.

### **Pre and post-test question:**

Use the question on the following page with your students in any way that you see fit. You may choose to combine questions from various lessons and activities that your students participate in.



1. Which drink does not have added sugar? Circle one picture



Soda



White milk



Chocolate milk



Sports drink

## **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 are good for you
- 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 are not very good for you

# Supplemental activity: Sugar sneak-up

## Objectives:

After completing this activity students will be able to:

- Recognize at least three names for sugar that are commonly listed on nutrition facts labels.

## Materials needed:

- Food or drink packages that contain common names for sugar

## Time required:

20 minutes

## Instructions:

Review the six names for sugar that are commonly listed in ingredients lists of foods and drinks. They are high fructose corn syrup, corn sweetener, dextrose, glucose, sucrose and maltose.

Bring in a few food or drink packages that contain these common names for sugar to share with students. If possible, find foods that students wouldn't think would contain these sugars.

Send students on a scavenger hunt looking for these ingredients. Ask students to find at least two food or drink items that contain one of the sugars listed above. Students can look through the refrigerator or pantry at home, at vending machine items at school, or they can ask an adult at school for help getting ingredient lists for foods commonly served at lunch. If they are able, ask students to bring in the ingredients list from the items they find. Are they surprised at how often these ingredients showed up in their home or school?

# Transcript

## Slide 1

Sugar

## Slide 2

Think about all the foods at the grocery store. On most of them, there's a label you can read to learn about how good that food is for your body. The label is called the nutrition facts label. The nutrition facts label tells you about servings. A serving is how much of the food you should eat at one time. The label also tells you about what's in the food. You can learn how much sugar and fat are in the food. You can get lots of other information from it, too.

## Slide 3

Go foods are healthy. They have less sugar and fat and more of the things your body needs. Foods with lots of sugar, lots of fat, or both, are whoa foods. To be healthy, you should only eat whoa foods once in a while. There's another kind of food, too. Slow food. Slow foods are foods that have some sugar or fat, like pancakes with syrup, or cheese. You can have slow foods sometimes, but not more than a few times a week.

## Slide 4

Some foods have lots of added sugar, like soda, sports drinks, cookies and candy. These are whoa foods. You can tell if a food or drink has sugar by looking at the list of ingredients on the package. Sometimes, you'll look at an ingredient list and see names like high-fructose corn syrup, corn sweetener, dextrose, glucose, sucrose or maltose. These all mean the same thing: sugar. On this candy bar label, sugar is listed as "lactose".

### Slide 5

Now you pick! You'll see pictures of two drinks. If you think the drink has added sugar, click the yes button. If you think the drink doesn't have added sugar, click the no button.

Does this drink have added sugar?

Yes - Oops! Plain milk does not have added sugar.

No - That's right! Plain milk does not have added sugar. Be careful, though. Some flavored milks, like chocolate or strawberry, do have added sugar.

### Slide 6

Does this drink have added sugar?

Yes - Good job! Soda has lots of added sugar! If you stay away from soda, you'll feel better and have lots more energy!

No - Actually, soda has lots of added sugar. Try again.

### Slide 7

Good job!

# Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the following organizations for the research, development and delivery of Nutrition and physical activity lessons and activities:

Children's Wisconsin – NEW Kids™ Program

Children's Research Institute

Medical College of Wisconsin

Wisconsin Department of Public Instruction





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

