

Grades 3-6 Educator's Guide

Kids' Topic 13: Sugar Counts



Session 1 Food and Drink

How Sweet it Is!

- Select player to view the [Sugar Counts](#) video.

FOOD is Fuel

- Review what students have learned about FOOD:
 - Healthy, wholesome FOOD is the best fuel to power your body and brain.
- Let students know that they are going to learn how to read signs on drinks (labels) to help them make the best choice.

FOOD Labels

- Ask students to bring an empty beverage container or a beverage label to school.

Session 2 Signs and Labels

Signs are Everywhere

- Understanding a food label is a lot like reading signs in everyday life. Have your students try to decipher the unorthodox road signs. If they need a boost, feel free to offer a hint!
- Just like roads have instructions or warnings, so does your food.

Label Lingo

- Explain that labels are like signs, they tell you what you need to know.
- Tell students that labels contain a lot of information. When it comes to choosing a drink, look at the sugar line.

Sugar Detectives

- Read the sugar line on labels brought from home.
- Sequence labels by asking students to line up according to the grams of sugar per serving.
 - As a frame of reference, explain that a gram weighs about the same as a paper-clip. There are about four grams of sugar in one teaspoon.

Session 3 Sugar Alert

Liquid Candy

- Select the link to the [Liquid Candy](#) video.

Sugar Alert

- Which drinks do your students think are best? The slides show sugar in both grams and teaspoons.
 - Water and non-fat or 1% milk are the best choices.
 - Chocolate-flavored milk, juice, and sports drinks can have as much sugar as soda or fruit-flavored drinks.

Tally It Up

- Students use the [Drink Tally](#) handout to track their drink choices for one day.

Session 4 The Juice on Juice

Rusty and Trusty's Drink Choices

- Read about Rusty and Trusty's drink choices.
- How do your students' tally sheets compare to Rusty and Trusty's drink choices?

The Juice on Juice

- The joke is on you if you think that a small container of juice is the healthiest choice!
- Explain that juice drinks usually contain more sugar than water or milk.
- Select the link to [Food Fight](#) slideshow.

Think Your Drink

- Students can make their own healthy drink by adding fruit and/or herbs to water. So drink water and eat fruit!
- While you are at it, why not try a new kind of milk? Soy milk, almond milk, and coconut milk are all delicious!

Session 5 Think Your Fuel

Sports and Energy Drinks

- Select the player to link to [Power Drinks: Sweet and Powerful Facts](#).

It All Adds Up

- Remind students that sugary drinks, like sports and energy drinks, are everywhere!
- Explain that labels show sugar in grams. There are about 4 grams of sugar in a teaspoon.
- To convert grams to teaspoons, divide a spoon into four parts and color one part for each gram of sugar.

Challenge Others

- Students create posters using [Think Your Drink](#) poster templates.
 - Students show how much sugar is in the drink by coloring 1/4 of a teaspoon for each gram of sugar. Make one poster for water or milk, and a second poster for another drink.
- Students challenge others to choose beverages with little or no sugar.

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Prior Knowledge: Students know that FOOD is their fuel to power body and brain. They can use a spotlight to guide food and drink choices: Green foods are best, go for it! Go slow on yellow foods, eat just a little. Red means stop and think about your choice.

This week's topic will help students to understand that many beverages contain excessive amounts of sugar and that choosing water or milk is the best choice for fuel to power body and brain.

Objectives: Students will be able to:

- Recall water and milk as the healthiest drink choices.
- Identify the amount of sugar in a beverage using its food label.
- Identify fruit as the healthier choice over fruit juice.

Checks for Understanding and Readiness to Make Healthy Choices

Session 1: Too much _____ is unhealthy and can lead to disease. (*sugar*)

Session 2: What sign is on a drink? (*label, sugar line*)

Session 3: What can you do to drink less sugar? (*Choose water or low-fat milk.*)

Session 4: What can you choose instead of juice? (*Juice contains more sugar than fruit, so eat fruit and drink water or milk.*)

Session 5: How do you think your drink? (*Steer clear of sugar and know that your best choice is water or milk.*)



fit Tip: When you are thirsty, drink water instead of juice or soda. Want some flavor? Add some fruit or even a vegetable...like a cucumber!

Family Message: Healthy foods and drinks are the best kinds of fuel to power your body and brain. Your child is learning that many drinks contain excessive amounts of sugar. Did you know that just one sweetened 8 ounce drink a day can add up to over 20 pounds of sugar in one year!

The best drink choices? That's easy, choose water and fat-free or 1% low-fat milk.

National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Common Core Alignment

ELA/Literacy	Grade 3	Grade 4	Grade 5	Grade 6
Speaking and Listening	SL.3.1 SL.3.2 SL.3.3 SL.3.4 SL.3.5 SL.3.6	SL.4.1 SL.4.2 SL.4.3 SL.4.4 SL.4.5 SL.4.6	SL.5.1 SL.5.2 SL.5.3 SL.5.4 SL.5.5 SL.5.6	SL.6.1 SL.6.2 SL.6.3 SL.6.4 SL.6.5 SL.6.6
Informational Text	RI.3.1 RI.3.2 RI.3.3 RI.3.4 RI.3.6 RI.3.7 RI.3.8 RI.3.9	RI.4.1 RI.4.2 RI.4.3 RI.4.4 RI.4.5 RI.4.6 RI.4.7 RI.4.8 RI.4.9	RI.5.1 RI.5.2 RI.5.3 RI.5.4 RI.5.5 RI.5.6 RI.5.7 RI.5.8 RI.5.9	
Literature	RL.3.1 RL.3.3 RL.3.6 RL.3.7	RL.4.3 RL.4.9	RL.5.1	
Mathematics Standards	3.MD.3 3.MD.4	4.MD.4	5.MD.1 5.MD.2	6.R.P.A.1 6.R.P.A.2

Optional Activity:

Provide sugar and teaspoon measuring spoons so that students can measure the amount of sugar listed on their beverage labels. You may also measure in grams using a balance scale.

Printable Materials

Session 3: Drink Tally

Sessions 5: