



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 4th

Unit General Nutrition

SOLs:

- 4.5 B- Explain the uses of **salt and sugar** and the harm of **excessive salt and sugar intake**.

Title: Invade and Conquer

Objectives/ Goals:

[Students are learning about sugar and RDA]

- Students will know the risks of excessive sugar consumption.
- Students will learn that the RDA value for the “sugar limit” depends on total caloric intake.

Materials:

[Equipment and Set Up]

- 2 large mats or bins- set up on each side of the gym- used for students to throw or place gator balls in
- Flag belts- 1 per student
- Gator balls
- Pinnies- if needed to distinguish teams

Procedure:

Intro- Discussion should cover:

- Too much added sugar over time can lead to type 2 diabetes, heart disease, and weight gain along with other unpleasant health consequences
- RDA for added sugar consumption puts the limit at 10% of total caloric intake. That means 12.5 grams of sugar for every 1,000 calories.
- The average 4th grader consumes about 2,000 calories per day. Sugar limit = 25 grams

Description-

This is a capture the flag style game. Students try to invade the opposing team's territory to deposit the sugar balls (gator balls) in the bin on their side. Students are safe on their side, but if they cross over the middle boundary line, they can get their flag belts pulled. When pulled, students drop their ball and return back to their home side before playing again. The first team to max out their opponent's daily sugar consumption limit (25 grams) is the winner. Each gator ball represents 1 gram of added sugar.

Closure

- Name some of the health risks associated with eating too much added sugar
- Name some foods high in added sugar that we should limit or avoid

Assessments, References & Sources:

Resources:

- <https://www.webmd.com/diet/features/how-sugar-affects-your-body>
- <http://sugarscience.ucsf.edu/the-growing-concern-of-overconsumption.html#.W1RyR9JKjDc>

Assessments:

Use the exit slip found below.

In class today, we learned about added sugar. Please answer the following questions:

- 1) Which of the following are potential health risks for eating too much added sugar?
 - A) Rotten teeth
 - B) Heart disease
 - C) Type 2 diabetes
 - D) Weight Gain
 - E) All of the above