



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 5

#### Unit Food Label Reading

#### SOLs:

- 5.5 E - Evaluate components of **food labels** for a variety of foods, to include **macronutrients, RDA, and portion size.**

#### **Title:** Sugar Crashers

#### **Objectives/ Goals:**

[Students are learning how to monitor their sugar intake and health risks of consuming too much]

- Students will learn to differentiate between natural and added sugar
- For kids, consumption of added sugar needs to be limited to about 24-28 grams or 6-7 Teaspoons per day (based on caloric intake).
- Excessive added sugar consumption over time can lead to health consequences like type 2 diabetes, weight gain, and heart disease
- Students will learn where to look for sugar on a food label, and how to determine if the sugar is natural or added.

#### **Materials:**

[Equipment and Set Up]

- 3-4 tagging noodle for every 20 students
- 6 noodle bits per student, or another small item that can be easily carried

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- 2 Large mats spread out in a corner of the gym

## **Procedure:**

### **Intro-** Discussion should cover:

- Natural sugars are healthy and are found in foods like fruits, vegetables, and whole grains
- Our bodies aren't designed to handle added sugars. Kids should limit added sugar consumption to 6 Teaspoons (24 grams) or less (based on 2000 calorie diet).
- The average American eats 19.5 Teaspoons (82 Grams) per day.
- Too much added sugar can lead to type 2 diabetes, weight gain and heart disease
- show students where to find sugar on the food label, and how to scan the ingredient list for added sugars/sweeteners. If there aren't any listed, the sugar is natural.

### **Description-**

Taggers represent a food with 1 teaspoon (4 grams) of added sugar. Every other student starts the game with 6 noodle bits (or substitute item). When students get tagged, they walk to a designated spot where they must leave one of their noodle bits. We are pretending that students have consumed 1 teaspoon of added sugar with each tag. When they run out of noodle bits, that means they have reached their added sugar limit for the day. At that time, students need to go to the rest area (mats) where they pretend to sleep for 30 seconds. After waking up, the student can get 6 more noodle bits and start a new day.

### **Closure-**

- Review the added sugar limit
- Ask students to describe how to determine whether sugar is natural or added by reading the food label

## **Assessments, References & Sources:**

### **Resources:**

- <https://globalnews.ca/news/2898066/how-much-sugar-are-your-kids-eating-take-a-look-at-3-new-sugar-limit-guidelines/>
- <http://www.eatingwell.com/article/119944/how-to-identify-natural-sugar-and-added-sugar-on-nutrition-labels/>
- <https://www.health.harvard.edu/blog/eating-too-much-added-sugar-increases-the-risk-of-dying-with-heart-disease-201402067021>

### **Assessments:**

Use the end of unit Label Reading Assessment for this activity

Lesson Created by: Tommy Landseadel