The Sugar Hunt

Lesson Plan

Learning Objectives:

1. Students will recognize the many names for sugar.
2. Students will learn to convert the sugar content from grams to teaspoons in various food nutrition labels.
3. Students will learn the dangers of consuming too much sugar and why it is not healthy.

Materials:

Poster with many names for sugar written on it, sugar, bowls, teaspoons, candy bars, food labels, Mt. Dew, canned sweet potatoes

Activities:

1. Discuss sugar and its many names. Tell how sugar is hidden and/or added to many of the foods we consume every day. Its many names are as follows: dextrose, corn syrup, lactose, fructose, sucrose.
2. Explain that even in so called sugar-free foods still can raise blood sugar because they are sweetened with sugar alcohols like sorbitol, maltitol, and xylitol.
3. Discuss the dangers of consuming too much sugar and what diseases it can lead to.
4. Show food labels to students. Discuss how sugar is often measured in grams. Teach the formula 4 grams of sugar = 1 teaspoon.
5. Look at a label for a chocolate candy bar together. Calculate in teaspoons how much sugar is contained in the candy bar. Show the students the actual amount by measuring out 4 ½ teaspoons of sugar into a bowl.
6. Next, have the students work with a partner to determine the sugar content in a Mt. Dew and canned sweet potatoes. Convert the grams to teaspoons and show in bowls.

Homework:

At home, find 5 labels that contain sugar in any of the forms we have discussed and convert from grams to teaspoons.

Assessment:

1. Lab participation in the sugar experiment.
2. Homework project.