Assignment #13 Sugar lesson and Soda Experiment

Fifth Grade 30 minutes Dawnelle Roth

Objective: Students will learn the effects of sugar on the body through video, experiment and discussion. They will personalize their learning by reflecting and recording their own sugar intake and name two changes/choices they can make to be healthier.

SICK Science Experiment with milk and soda:

Students will work in groups of 6 to add milk to a coca cola bottle, screw the lid back on and wait to see what happens.

<https://www.youtube.com/watch?v=Tp5zTBu-AP8>

Students will share and record responses to the videos and lesson including what types of drinks they drink and about how many glasses a day.

We will then watch a You Tube Video on Sugar, noting the recommended daily amount of sugar. <https://www.youtube.com/watch?v=EFlnlGx0B5U>

We will look at the amount of sugar in the soda bottle.

We will find two ways our bodies process sugar and three effects of sugar on our bodies.

We will discuss changes/choices we can make.

See the attached response sheet to the lesson.

Sugar! Sugar! Sugar!

Name:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the recommended daily average amount of sugar a young person should have?

What is the average amount of sugar in a bottle of soda?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name two ways our bodies process/use sugar?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tally the number of glasses/servings you drink in a day:

|  |  |  |
| --- | --- | --- |
| Milk | Juice | Soda |
|  |  |  |
|  |  |  |

What is the best drink for our bodies? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are three effects of sugar on our bodies?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What are two choices you can do starting TODAY to be healthier?

1.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_