Assignment #13-A- Lesson Development

Title: Sugar, Sugar

Subject: Health

Grade: 9-12

Time: 55 min.

Objective: Students will define sugar.

Students will watch videos on the effects of sugar.

Students will compare the removal of fat with the addition of sugar.

Students will discuss replacing sugar with healthy choices.

Students will participate in a taste test to understand the effects of sugar vs. fat

Students will create a snack attack list of nutritious snacks instead of sugary

snacks.

Purpose: Students will research the effects of sugar and create ideas for healthy snacks.

Materials: You Tube Videos- “What Happens if You Don’t Eat Sugar” by Tamara Duker

“Toxic Sugar”

“The Effects of Soda on Your Body”

The Happiness Diet by Tyler Graham & Drew Ramsey

Taste Test Chart

Milk Samples- with different fat and sugar contents

Paper, Pen

Procedure:

1. Discuss and define sugar. According to dictionary.com sugar is defined as, “a sweet, crystalline substance, C12 H22 O11, obtained chiefly from the juice of the sugarcane and the sugar beet, and present in sorghum, maple sap, etc., used extensively as an ingredient and flavoring of certain foods and as a fermenting agent in the manufacture of certain alcoholic beverages; sucrose.”
2. Watch videos on effects of sugar.
3. Play game, “Fortunately/Unfortunately”- Students sit in a circle and use the topic of “sugar” to tell a story. One person begins telling a story about sugar. The second person continues the story but begins with “fortunately.” The third person continues telling the story beginning with “unfortunately.” Each storyteller takes about ten seconds to relate his part of the story. The story moves around the circle alternating between fortunately and unfortunately aspects until everyone has had an opportunity to participate. Facts about sugar from the videos should be interwoven throughout the story.
4. Teach information from pp. 19-40 and p. 79 about sugar.

Guided Practice: Have students participate in a taste test sampling different amounts of

fat and sugar contents in milk from the most healthy to the least healthy.

Samples include:

whole milk, 2% milk, 1% milk, fat-free milk, 2% chocolate milk, and

2% strawberry milk. Students rank them by which ones they think, by

taste only, have the least amount of sugar with the least amount being

the most healthy and the highest amount of sugar being unhealthy.

Let students share their results and reveal true quantities of sugar.

Compare the amount of sugar to the amount of fat in each milk.

Independent Practice:

Students will create a personal snack list of healthy options to replace

unhealthy, sugary options. This list could be displayed on their

refrigerators at home or hung in their lockers.

Review/Closure: Students will discuss and review effects of sugar and share ideas of

personal application to their lives.

Taste Test Chart Sugar vs. Fat

Rank highest sugar or fat content (6) down to lowest sugar or fat content (1)

|  |  |  |  |
| --- | --- | --- | --- |
|  | Sugar Content | Fat Content | Comments On Taste |
| 2% Milk |  |  |  |
| Whole Milk |  |  |  |
| Chocolate Milk |  |  |  |
| Fat-Free Milk |  |  |  |
| 1% Milk |  |  |  |
| Strawberry Milk |  |  |  |

Student Self-Assessment

Effects of Sugar

|  |  |  |  |
| --- | --- | --- | --- |
|  | I can do this independently and explain my solution to others. | I can do this independently, but need help explaining my solution to others. | I need more time to understand the concept and how to explain it to others. |
| Able to define sugar. |  |  |  |
| Explain effects of sugar on our health. |  |  |  |
| Compare removal of fat with addition of sugar. |  |  |  |
| Ability to recognize unhealthy snacks and replace them with healthy options. |  |  |  |
| Create a snack list to refer to when needing a healthy snack. |  |  |  |