

Objective: Students will be able to define sugar, understand how sugar affects your mind, body, mood, and be able to identify healthy alternatives to sugary foods.

Materials: Youtube videos: “What happens if you don’t eat sugar,” “Toxic Sugar,” :The Effects of soda on your body.”

Milk samples: whole, 2%, 1%, nonfat, 2% chocolate, 2% strawberry.

School Supplies: pencil/pen and a taste test chart for ranking

Procedure:

Part 1- Students will begin by defining the term “sugar” using their own words. Students will then go online to find what they consider the best definition, and compare the two. Next, students will watch the videos.

Part 2- Students will then be broken into small groups and each group will be assigned a portion of the chapter about sugar. They will be given 20 minutes to read their portion and consolidate important information to share with the class, and to prepare how they will teach. Then each group will be given 3 minutes to share with the class their part of the chapter that was meaningful and why.

Part 3- Students will then partner up, and begin the blind taste-test of each type of milk, attempting to identify each kind correctly, and stating why they think that.

Part 4- Students will begin by estimating how much sugar they consume in each of the following: day, week, month, year. They will then be given 5 minutes to brainstorm a list of all “sugar drinks” and “sugar foods” that they have eaten recently, and estimate how many of each they consume in a typical week. Once they have completed their list, they will go online to look up how many grams of sugar are in each of their food items. Then they will put that amount into a weekly amount, a month amount, and finally calculate how much sugar they eat in one year. They will then convert the number of grams in each into lbs, then go into the weight room, and put that amount of weight on a bar and try to lift it to get an idea of just how much that is.

Review: Students will explain the various negative consequences that a high sugar diet can have on our health. Students will also be able to identify healthier alternatives to foods that are high in sugar.

## Reflection:

Overall I think the lesson was pretty effective. One thing I thought was funny was how excited my students seemed to be by the fact that they got to sample milk in class...its the little things I guess. My students did pretty well in being able to identify the different kinds of milk, but had a little bit of trouble differentiating between the 1% and nonfat. During the videos, although there was a lot of good information in them, I seemed to lose a little bit of engagement during that time.

Perhaps the most impactful and meaningful part of the lesson was when the kids listed the sugary items they consume and then calculate how much sugar they eat in a day/week/month/year. Some of my students were blown away how quickly the grams of sugar added up, and were especially astounded when they saw how many pounds of sugar they eat each year! I had a couple students get over 200 pounds!!! Each of them both guessed around 30 pounds too, and they were they furthest off of all of the estimates.

Next time I do this lesson, I would like to preface it by having them journal their sugary foods for a couple of days to have a more accurate estimate of what they actually consume each day. I would also consider either finding a new, more engaging video, or possibly just cutting one of them out...or maybe even find a way to disperse them throughout the lesson instead of showing all of them in one shot.