

That Sugar Lesson

A Lesson Created for Middle School Students
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TIME NEEDED:

4 Days

BIG IDEA:

Sugar is dangerous for our health.

LEARNING GOAL:

Students will learn about the risks of hidden sugars in their daily diets.

MATERIALS NEEDED:

[That Sugar Film \(Hulu\) 1:42](#)

[That Sugar Film Kahoot Quiz](#)

LESSON PLANS:

Day One:

- Students will play the “That Sugar Film” Kahoot as a pre-test.

Day Two:

- Students will view the rest of “That Sugar Film”

Day Three:

- Students will play the “That Sugar Film” Kahoot as a post-test.

Day Four:

- Students will create a graphic that displays 5 things they learned about sugar.