



Be Sugar Smart!

Lesson Description

Students learn how much sugar is hiding in commonly consumed drinks, how many cups of water they should drink every day and why water is the best choice for health. As an optional activity, students will make a poster advertising the benefits of drinking water.

- Time required: 60 minutes
- Location of lesson: Classroom

Learning Objectives

- Identify the amount of sugar (in teaspoons) in some examples of common sugar sweetened beverages. Compare with the daily recommended maximum intake of 5 teaspoons for added sugars.
- Discuss why drinking water is best for health.
- Know how many cups of water are recommended to drink every day.

Attitude and Behavior Goals

- Understand that drinking water is important and is a healthy choice.
- Choose water over soda and other sweetened beverages.

Materials and Preparation

- 12, 8-ounce clear plastic cups
- White, granulated sugar (At least 4 cups of sugar)
- Teaspoon measure
- Permanent marker
- Pitcher
- Water
- Optional activity: large pieces of paper or poster board, crayons or markers
-  **Water- Sweet Drinks**
-  **How Much Water is in Your Body?**
-  **Sugar Drink Label Answer Sheet**
- Prepared vegetable snack of the week – 1 for each student
- Water to drink during the Class Warm-up – water dispenser in the classroom and 1 cup or a water bottle for each student

Class Warm-up: Champion Cheer and Veggie Taste Test (5-10 minutes)

- Give each student a cup of water or ensure that they have a filled water bottle in front of them.
- Give each student the prepared veggie snack of the day.
- Lead the students in enthusiastically reciting the  **Champion Cheer**.
- At the end of the cheer, drink water and eat the veggie snack together.
- Have students complete their  **Taste Test Observations** about the vegetable snack of the week.

Review of Last Lesson (2-3 minutes)

- Review the evaluation questions from last week's lesson. Evaluation questions from all lessons are listed at the end of the workbook .

 **Class Discussion (10 minutes)**

Today we will be scientists discovering how much sugar is in the things we drink. What are some of your favorite things to drink? Do you think those drinks have sugar in them? How many teaspoons do you think are in one can of coke? We are going to find out.

Sugar tastes really good, but it's actually really bad for our bodies. Sugar is in soda, fruit punch, energy drinks, sweetened iced teas, sports drinks like Gatorade and juice. How do you think we can figure out the amount of sugar in our drinks? (Answer: looking at the nutrition label)

Refer students to the  **Water-Sweet Drinks** pages in their workbooks. Read the benefits of drinking water and the harmful effects of sweet drinks on the two workbook pages.

Water is the best thing for us to drink. Water is vital for life and it is what people have been drinking since the beginning of history. Who remembers how much of their body is made of water? About 60% (a little over ½) of our body is water! It is important to drink water instead of soda and sugary drinks.

Refer students to the  **How Much Water is in Your Body** page in the workbook. Ask them to color in the person with 60% water.

Activities (40 minutes)

-  **"How Much Sugar?" (15 minutes):** Students will guess and then measure out the number of teaspoons of sugar in selected examples of popular sweetened drinks.
 1. Set up the container of white granulated sugar on a table in the front/center of the room. Set out the clear, plastic cups and the teaspoon measure on the table as well. Use the permanent marker to label the cups with the names of the drinks from the  **Sugar Drink Label Answer Sheet** teacher resource.

2. Call out the name of one of the drinks from the  **Sugar Drink Label Answer Sheet**. Ask students to guess how many teaspoons of sugar are in one bottle of the chosen drink.
 3. Tell students the correct answer to how many teaspoons of sugar are in the bottle of the shown drink (correct answers are listed on the  **Sugar Drink Label Answer Sheet**).
 - a. Ask one or several student(s) to come to the front of the room and measure out the correct number of teaspoons of sugar into a cup labeled with the name of the drink.
 - b. After all drinks have been measured, review:
 - i. How many teaspoons are in each drink
 - ii. Compare how many teaspoons are in the drinks to the daily recommended maximum of 5 teaspoons of added sugars.
 - iii. *What do you think about all this sugar in our drinks? Are you surprised? What can we drink instead? (Water-It has NO sugar!)*
- **“Water” (15 minutes):** Students guess how many 8 ounce cups of water they should drink each day.
 1. Set out 12, 8-ounce cups on a table in front of the room (use the same cups as the “how much sugar” activity after emptying out the sugar). Fill a pitcher with water and set beside the cups on the table.
 2. Students will discuss with their neighbor and decide how many cups of water they should drink every day to stay healthy.
 3. Ask students to share their guesses with the class and why they chose that amount.
 4. Choose a few of the guesses and fill up the amount of cups with water to match the guesses. *Which of these guesses do you think is correct?*
 5. *The recommended amount of water is 6-8 cups every day.* Fill up 8 cups with water if not filled already.
 6. Review:
 - a. *Do you normally drink 8 cups of water every day?*
 - b. *How can you drink more?* Drink water at lunch, with snack. Bring a water bottle to school.

 **Optional Activity: Make “Drink Water!” Posters (10 minutes):** Students make a poster to post in the classroom highlighting reasons to drink water.

1. Pass out a large piece of paper and crayons or markers to each student or group of students (if working in groups).

2. Students choose one benefit of drinking water from their workbook page,  **Water- Sweet Drinks**. They will write the benefit, for example: Water helps you play harder! They will draw a picture depicting the sentence.

Evaluation Questions (5 minutes)

1. *What types of drinks have a lot of sugar in them?* (Answer: sodas, energy drinks, fruit punch, lemonade, sports drinks, etc.)
2. *Name a healthy drink with no sugar in it.* (Answer: Water)
3. *How much sugar is in a 20-ounce bottle of coke?* (Answer: 7 tsp.)
4. *How much of your body is made of water?* (Answer: about 60% or a little over ½ of your body)
5. *How much water should you drink every day?* (Answer: at least 6 cups of water a day)
6. *How many fruits and vegetables should you eat every day?* (Answer: at least 5 fruits and vegetables a day)
7. *Does gardening connect you to your culture and help you learn new words in your language?* (Answer: yes)

Preparation for Future Lessons – Reminder for the Instructor

- Review the materials and preparation needed for the next lesson.
- Remember that an Elder guest instructor is needed for these Spring lessons: lesson 1 (Eating a Rainbow), lesson 4 (Water and Precipitation), and lesson 9 (Plant Parts: Identifying Parts of a Flower).

Notes
