



**1ST GRADE**  
**LESSON: Eat Less Sugar**  
**SC STANDARD: 1.W.6.2**

## EAT LESS SUGAR

### OBJECTIVES:

- Teach about sugar and the amount of sugar in certain foods and drinks
- Distinguish between natural and added sugars

### LET'S GET STARTED:

- Ask children to name some foods that they think have sugar in them
- Discuss the difference between natural and added sugars, allowing children to give examples of drink and food group items as you go along

### STORY:

- Read the story about Boss' friends teaching him what sugar is, and how it can effect your body when you eat too much of it

### WRAPPING UP:

- Remind kids about natural versus added sugars, and allow them to ask any final questions

### SC STANDARDS:

- 1.W.6.2 Print upper- and lower-case letters proportionally, using appropriate handwriting techniques



## LET'S GET STARTED!

- Sugar is this week's topic. Ask the students to name any foods or drinks that they think have sugar in it.
- Explain that there are two types of sugars: natural sugars that come from plant foods, such as fruits and honey, and added sugars that have been processed and added to certain foods, like cookies and candy

### DIALOGUE BOX

- Natural sugars are found in foods that come from nature. Most fruits taste sweet because of sugar found them naturally.
- Foods that contain natural sugars are mostly GO foods. They also have important vitamins and other nutrients that help your body.
- Artificial sugars are found in baked foods and in processed foods made in factories.
- These are called added sugars or non-natural sugars
- Some examples of non-natural sugars are white sugar and corn syrup.
- Natural sugars are already found in foods that come from nature.
- Ask for examples of their favorite foods that contain natural sugars. Provide examples (honey, berries, even some vegetables).
- Artificial and added sugars are found in processed foods, like packaged cookies and cakes, fruit snacks, flavored drinks, cereals, and prepackaged snacks.
- Sometimes people add sugar when they are cooking/baking, and sometimes people add sugar to their food before they eat it, like adding brown sugar to oatmeal or white sugar to cereal.
- Foods with added sugar are usually WHOA foods. They are not as nutritious for your body.

- Go around the room asking the students what type of sugar is in the foods they mentioned at the beginning of class, or allow them to give an example of both natural and added sugars
- Tell the students that they are only supposed to have about 40 grams of sugar in a single day
- Using the "What's in Your Drink" handout, show them just how much sugar is in some of their favorite sports drinks, sodas, and juices, while explaining that those are all examples of added sugars

### DIALOGUE BOX

- Water is always the best choice because it has NO sugar at all.
- All the examples on here have lots of added sugar.
- Vitamin Water may sound healthy because of the name, but it's deceiving because all the added sugar makes it unhealthy.
- Sports drink have so much added sugar that it's not a great idea to drink unless you're being extremely active.
- One can of soda can have an entire day's worth of sugar! So when you have a soda, you must be careful on the rest of the food that you eat that day.

- Allow the kids to ask questions or comment about the “What’s in Your Drink” handout, and ask them what drinks may be better choices than those with so much sugar (e.g. water or plain milk)

## STORY

- Read the story about Boss learning the difference between added and natural sugar, as well as what sugar can do to your body when you eat too much of it

### Boss is taught the Difference Between Added and Natural Sugar

Some days when Boss and his friends are on their break, they all gather together under the big tree by the cafeteria to talk before class starts back. They talk about everything you can imagine... They talk about what they are doing after school, how their classes are going so far, and what classes they have left before school gets out. Not only do they get to talk and catch up with one another during this time, but they also get to have a snack if they chose to since lunch is still a couple of hours away. Usually, Boss friends bring things like fruit or carrots and dip, but if they forget to bring their snack, they buy it from the vending machines that are in the cafeteria. The vending machines have some healthy snacks, like granola bars and some nuts, but it also has some unhealthy snacks, like chips and candy bars. Today, Boss and one of his friends both forgot their snacks; so, they decided they would both go to the cafeteria to grab something from the vending machine! Boss friend, Sally, got a granola bar and then got a water from the drink machine. When Boss went up to buy his snack, he said, “I think I am going to get a candy bar and then a soda from the drink machine! I haven’t had a candy bar in a long time! And a soda sounds so good right now!” Boss’ friend said, “Boss you should get some water and the nuts or something a little healthier. The candy bar has a lot of sugar, and so does the soda! The one soda you wanted has 40 grams of sugar in it! That’s the amount of sugar you are supposed to have all day! So, when you drink the soda and have the candy bar with it, you have had more sugar during this snack time than what you are supposed to have in an entire day!” In shock, Boss said, “I had no clue that this snack I wanted to buy had so much sugar in it! What exactly does sugar do to your body when you eat too much of it?” Boss’ friend replied by saying, “Well, eating too much sugar makes your blood sugar spike, and gives you energy in that moment. But eventually, you will lose that energy and then crash, meaning you will start feeling tired and sluggish. If you eat too much sugar everyday, it is possible that you could start gaining weight because the sugar that they add to food has a lot of calories in it! Not only can you gain weight, but your hair and skin

may start looking worse as well because the sugar cannot help your body stay as healthy as it needs to be!” Boss stood in wonder when he asked, “Is there any foods that are good for you and have sugar in them? For example, I have heard before that grapes have sugar in them, but grapes are a fruit and are supposed to be healthy for you I thought?” Sally replied, “There are some healthy foods, like fruits, that have sugar in them, but that does not make them unhealthy for you! These sugars are called natural sugars that come in the fruit naturally! The sugar in that candy bar is added sugar that the company actually adds in themselves! Added sugar is unhealthy, while natural sugar is better for you!” Boss could not believe this, and said to his friend, “I cannot believe that the company who made the candy bar actually adds sugar to it! Instead of eating candy or cookies after dinner or for an after school snack, I should start eating fruits, like strawberries or peaches! They are just as sweet, but do not have the added sugar that is unhealthy like the candy and cookies do!” Sally said, “Yes that is right! I am glad you now understand the difference between the different types of sugar! Now for snack time, instead of getting the candy bar and soda, you should try getting water and the nuts! The water has no sugar and no calories, and the nuts do not have sugar at all either!” After Sally taught Boss about sugar, he got a water and the small packet of nuts from the vending machines. They walked back to their table where their friends were sitting, and Boss explained why he got the snack that he did.

## WRAPPING UP

- To wrap up the lesson on sugar, recap on what it means when a food has natural sugar versus added sugar with some examples of each.
- Give them the handout with the letters on it and have them practice writing upper and lower case letters.



## WHAT'S IN YOUR DRINK?

### WATER

Sugar: 0 g  
=  
0 teaspoons

### CAPRI SUN FRUIT PUNCH

Sugar: 18 g  
=  
4.5 teaspoons

### CHOCOLATE MILK

Sugar: 24 g  
=  
6 teaspoons

### SPORTS DRINK

Sugar: 34 g  
=  
8.5 teaspoons

### 100% GRAPE JUICE

Sugar: 36 g  
=  
9 teaspoons

### SWEET TEA

Sugar: 36 g  
=  
9 teaspoons

### SODA

Sugar: 40 g  
=  
10 teaspoons

### SLUSHIE

Sugar: 42 g  
=  
10.5 teaspoons



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# PRACTICE WRITING UPPDER AND LOWER CASE LETTERS

A \_ b \_ C \_ d \_

E \_ f \_ G \_ h \_

I \_ j \_ K \_ L \_

m \_ N \_ o \_

P \_ q \_ R \_ s \_

T \_ u \_ V \_ w \_

X \_ y \_ Z \_

