



Lesson 5: Activity Worksheet

Sugar

foodliteracycenter.org/lesson5

Activity Overview

Students will learn through the Sugar Rush Activity about how sugar works in their bodies. In Sugar Count, they learn to calculate sugar content using nutrition labels.

Grade Level

K-6th grade

Materials

- 2 clear jars or cups
- Red food coloring
- 1 teaspoon whole wheat flour
- 1 teaspoon white sugar
- Nutrition label samples (soda can, cereal, candy bar)
- Sugar cubes

Sugar Rush Instructions

- Fill two glass jars or cups with 2 cups of water each and add 2 droplets of red food coloring.
- Explain to students that “we will be doing a science experiment using fake blood.”
- Let students make guesses on what they think is going to happen to the sugar and whole wheat flour when it is added to the “blood”.
- Then, pour sugar and whole wheat flour into separate jars and observe.

Questions

- What do we see?
- What happened to the white sugar? Whole wheat flour?
- What does that mean?
- What does it do in our body?

Explanations

- It takes longer for the whole wheat flour to be soaked into your blood.
- The whole wheat flour is a type of sugar that gives you energy for a long time. It will slowly move in our blood to give us energy for a long time after we eat it!
- The white sugar is a kind of sugar that only gives us short energy. It gets mixed in our blood very quickly. This sugar won't give you enough energy for the whole day, or even for an hour.



K - 6th Grade Activity

Sugar

Sugar Count Instructions

- Find and use any food item in the house with a nutrition label and sugar content [example: soda, cereal, candy bars].
- Go over the nutrition label with students.
- “Now we’ll take a look at different foods and drinks to see how much sugar they have. Try to find how many grams of sugar are in each, and how many servings there are in the whole package.”
- “Stack sugar cubes to represent the sugar content of the food/drink item.”
Calculation [1 cube = 4g]
- “The maximum recommended sugar intake per day for kids is 19 - 24 grams.”

All Grades

- Have students guess the amount of sugar cubes to represent the sugar content of the food/drink item.
- Stack and count with them until you reach the correct amount of sugar cubes.

4 - 6th Grades

- Emphasize nutrition labels and talk about servings sizes. [“Even though a Gatorade bottle might say 12 grams, there might be 2 or 3 servings. Read the nutrition label!”]

