



Lesson 5 Sugar

Recipe: Oatmeal

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Review Lesson 4

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- What are some foods that have a lot of fiber? [fruits, veggies, whole grains]
- How often do we eat them? [every meal and snack]
- How does it work in our bodies? [cleans it like a broom]

Lesson Overview

Students will learn how sugar works in their bodies, and learn how to find the amount of sugar in foods.

Talking Points

- "Sugars come from the foods we eat and give us energy. Think of your body as a car. Sugars are like the gas that keeps your body moving."
- "Sugar gives us energy, but not all sugar gives us the best kind of energy. Different types of sugars make you feel differently. Long-lasting sugars give you energy for the whole day, for school and play! Other types of sugar make you feel hungry or tired."
- "Our goal is to eat more foods that give us long-lasting energy because these foods help us focus more in school, play harder and longer, and feel less sleepy. What foods have long-lasting sugar that you eat every week at Food Literacy Center?" [FRUITS AND VEGGIES]
- "What other foods have long-lasting sugar that you eat?" [oatmeal, peanut butter sandwich, etc.]

Activity

- Teachers/Adults: Download and print the [Sugar Activity Worksheet](#).
- Prepare glass jars/cups with water and red food coloring for the 1st activity.
- Read instructions for students.

Recipe Overview

"Today, we're going to eat a type of sugar that our bodies love: oatmeal and fresh fruit! These sugars will give you energy that lasts all morning!"

Allow students to measure oatmeal out from a container.

Discussion & Wrap Up Questions

- What are the two kinds of energy you get from different types of sugar?
- What foods give you short-term versus long-lasting energy?
- How were you a Food Adventurer today?

Vocabulary Words

Sugar Energy Dash Serving Size

Your Sandwich Can Save the World!

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