

# Sugar In A Bottle

3-5

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## Objectives

**Students will be able to:**

- Identify sugar sweetened beverages.
- Explain the risks of drinking too many sugar sweetened beverages.
- Identify healthier options that could substitute sugary drinks.

## Standards Met

- **SL.3.1.** Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 3 topics and texts, building on others' ideas and expressing their own clearly.
- **B.5.** Listening actively to spoken English in a range of social and academic contexts.
- **W.4.1.** Write opinion pieces on topics or texts, supporting a point of view with reasons and information. (4-LS1-1)

## Overview of Sugar Sweetened Beverages

**Did you know?** Most adults eat or drink about **18 teaspoons** of added sugar a day.

Added sugars are sugars and syrups that are added to foods and drinks when they are processed or prepared. These are different from natural occurring sugars such as the ones in fruits and milk. The more added sugars we eat and/or drink, the more calories we consume, and the more likely we are to gain weight.

**Healthy People 2020 Goals** are to “reduce consumption of added sugars” as they increase calories in our diet and may promote obesity and other health problems. Sugar sweetened beverages are one of the highest sources of added sugars in the diet and contribute the most “empty calories.” Empty calories are foods and drinks that are high in calories but low in nutrients.

Some drinks that have added sugars include soft drinks, processed juices, sports drinks, chocolate milk, milkshakes, sweet teas, etc.

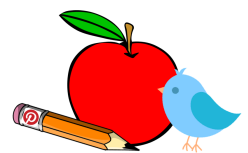
Reading ingredient labels is the best way to identify added sugars. Names for added sugars on food labels include:

Brown sugar • corn syrup • dextrose • fructose • invert sugar • lactose • malt syrup • maltose • nectars • sucrose

It is important to teach young students to recognize sugar sweetened drinks, help them understand the risks that these drinks pose to students' health, and encourage them to choose healthier drinks such as water, milk and 100% natural fruit juices.

**For more information on sugar sweetened beverages, go to:**

[www.mentorprojectfiu.com](http://www.mentorprojectfiu.com)



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## Make The Connection

### Materials

- Worksheet: Sugar In A Bottle for Grades 3-5
- Pre-lesson Video for the Teacher: Sugary drinks, the consequences of drinking these drinks and healthier choices [www.youtube.com/watch?v=VPtRSi-KZtY](http://www.youtube.com/watch?v=VPtRSi-KZtY)

Using the worksheet titled **“Sugar In A Bottle” for Grades 3-5**, help your students identify sugar sweetened beverages and explain the benefits of choosing lower sugar options.

Ask your students about their favorite drinks and list them on a board in two separate columns according to their sugar content (high sugar or low sugar) without labeling the columns. Then, let your students work together as a class to figure out which column contains the high sugar drinks and which one contains the low sugar drinks. Label the columns accordingly.

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Direct the attention to the high sugar drinks and explain that these drinks have added sugars. Briefly explain the difference between added sugars and natural occurring sugars. Mention that added sugars can make it hard for the body to work at its best and mention some health issues that may arise from having too much sugar in the diet (ex. overweight, obesity, diabetes and heart disease). Then, discuss the drinks in the low sugar column. Explain to students that these drinks are a better option because they may provide more benefits. For example, water can keep us fueled during exercise and throughout the day, milk helps strengthen our bones and teeth, and natural fruit juices provide us with vitamins and minerals that help us grow strong and healthy.

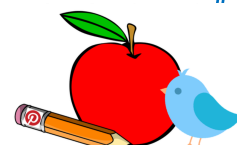
Next, play the following video in class: [www.youtube.com/watch?v=oTXfzEI9n94](http://www.youtube.com/watch?v=oTXfzEI9n94). The video puts into perspective the amount of sugar that many beverages have and that we often don't realize they have. Help students understand the content of the video by pausing and reading the phrases that appear throughout the video.

For more information about this topic, visit: [www.mentorprojectfiu.com](http://www.mentorprojectfiu.com).

Do an overview of the **“Sugar In A Bottle” worksheet for Grades 3-5**.

The following activity will teach students how to write a complete summary of the lesson plan and the video. Explain that a complete summary includes: 1) an introduction (identify the topic of the summary), 2) two or more supporting sentences (main points of the topic written in one's own words), 3) conclusion (restate the topic and give a summary of the main points), and 4) an opinion or reflection on the topic. Explain the activity and clarify any questions the students may have.

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

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3-5

## ANSWER KEY

After hearing the lesson and watching the video about sugar sweetened beverages, write a short summary of what you have learned today. Remember that you should use your own words when writing a summary.

A summary should include: 1) an introduction (identify the topic of the summary), 2) two or more supporting sentences (main points of the topic), 3) conclusion (restate the topic and give a summary of the main points), and 4) an opinion or reflection on the topic. Make sure to use proper grammar and punctuation.

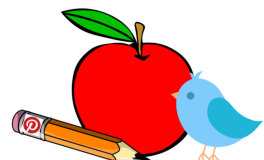
**INTRODUCTION:** Sugar sweetened beverages are drinks that have added sugars, and they include sodas, sports drinks, processed juices, chocolate milk and sweetened iced tea.

**SUPPORTING SENTENCES:** Added sugars are extra sugars added to drinks, like the sugar in soda, while natural sugars are already present in the drink, like the sugar in milk.

Eating or drinking too much added sugars from drinks and foods can put us at risk for overweight, obesity and other serious illnesses later on in life.

We can replace sugar drinks for low sugar drinks, for example: we can drink water instead of sports drinks, we can drink low fat milk instead of chocolate milk and we can drink 100% natural fruit juice instead of soda.

**CONCLUSION AND OPINION:** Sugary drinks have too much added sugars and they can be harmful to our health. In my opinion, it is better to pick low sugar drinks instead of high sugar drinks in order to stay healthy.



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