



## Sugar 01: Nutrition Facts Label Lesson Plan

**Audience:** Students ages 9–12 years

**General program objective:** Participants will reduce overall daily sugar intake.

**Specific program objective:** Participants will identify added sugar on the nutrition facts label.

**Behavior change strategy:** Self-Efficacy

### Educational activities:

- 1) **Elicit**—have students select a food product with a nutrition facts label. Ask the students for their opinions on the food item and allow for open discussion.
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students find the amount of added sugar on the nutrition facts label and discuss in small groups.
- 4) **Exit**—have the children write a goal to read a nutrition facts label

**Length of time to complete:** 10–15 minutes, depending on length and depth of conversation

### Materials Required:

- Food packaging with nutrition facts labels (maybe source from the home, or provided as printouts supplied to the students by the instructor)
- Multi-media display (e.g. computer monitor, projector, or SmartScreen)
- Access to the internet and YouTube: <https://www.youtube.com/shorts/qFmQD5aQhGg>

### Procedure:

- 1) Have the students observe their food package and identify the location of the nutrition facts label.
- 2) Ask the students to express their opinions on the sugar content of the foods:
  - *Who thinks their food has a (lot of/little) sugar in it?*



- *Tell me what you think about the taste of this food?*
- 3) Introduce the short-form video and play for the students.
- 4) Ask the students to identify sources of natural sugar:
  - *What foods have sugar in them naturally?*
  - *Why don't we count the sugar that is naturally in those foods?*
- 5) Ask the students to find the amount of added sugar on the nutrition facts label of their food product.
  - It's possible some will not have added sugar; in that case, have that student identify total sugar and what ingredients make up the food.
- 6) Allow the children to compare quantities in small groups:
  - *Whose food has the (most/least) sugar in it?*
  - *How much sugar do all your foods have combined?*
  - *If anyone has a food without added sugar, what is in that food that makes it tasty?*
- 7) Have each child write out a goal for reading the nutrition facts label in the next week.
  - *Options to draw a picture and/or read out loud if time allows.*

## Further enrichment:

Have the students look for a nutrition facts label for a food they enjoy that does not have added sugar. This can be done online during class time or a bring-from-home activity.

Notes: