



## Sugar 04: Impact Lesson Plan

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

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

**Specific program objective:** Participants will identify the effects of sugar on the human body.

**Behavior change strategy:** Self-Efficacy

### Educational activities:

- 1) **Elicit**—have students contemplate the purpose of sugar in foods.
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students discuss the importance and impact of sugar in their diets.
- 4) **Exit**—have the students write a reflection on the effects of sugar.

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

### Materials Required:

- Multi-media display (e.g. computer monitor, projector, or SmartScreen)
- Access to the internet and YouTube
- Optional: Slime Making Kit (see Further Enrichment below)
- Access to the internet and YouTube: <https://youtube.com/shorts/IKWFyTAmyKA>

### Procedure:

- 1) Ask the students questions to elicit conversation about the roles sugar plays in the body:
  - *Tell me what you think sugar does inside the body.*
  - *Explain to me why someone would add sugar to a recipe when cooking.*



- *What do you think happens if someone eats (too much/not enough) sugar.*
- 2) Introduce the short-form video and play for the students.
- 3) Ask the students to reflect on the video:
  - *What is a good thing that sugar does for the body?*
  - *What happens to your body if there is too much sugar?*
  - *What do you think will happen if there is not enough sugar in the body?*
- 4) Have each student write a paragraph about why they want to have a happy and healthy body.
  - Possibly share out loud if time allows.
- 5) Have the students write a reflection on the effects of sugar in the body and what that means to them, personally.

## Further enrichment:

Make slime! There are many different recipes available online. To make something like what is shown in this lesson's video, use clear glue and liquid starch. Enjoy!

Notes: