



Sugar 05: Moderation Lesson Plan

Audience: Students ages 9-12 years

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

Specific program objective: Participants will identify when it's okay to have extra added sugar.

Behavior change strategy: Self-Efficacy

Educational activities:

- 1) **Elicit**—have students discuss their favorite treats and when they have them.
- 2) **Explain**—play the provided video for the students.
- 3) **Expand**—have the students identify special occasions for having extra treats.
- 4) **Exit**—have the students reflect on the curriculum.

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: <https://youtube.com/shorts/iRMuVqvNtng>

Procedure:

- 1) Ask the students to share their favorite treats and when they get to eat them:
 - *Tell me about your favorite treat.*
 - *When do you normally get to eat treats?*
 - *How do you feel on those occasions when you get to eat your favorite treat?*
- 2) Introduce the short-form video and play for the students.
- 3) Ask the students to reflect on the video:
 - *What special occasions do you get to have extra treats?*



- *What kind of treat do you eat during those special occasions?*
 - *Why is it okay to have extra treats sometimes?*
- 4) Have each student write a paragraph or draw a picture about a special occasion and treats.
 - 5) Have each student write a paragraph about what they learned during the Sugar 01-05 lessons. Include thoughts on what changes this knowledge might help them make in their own food choices going forward.

Further enrichment:

Have the students bring in a recipe from home for a special occasion treat and make a class cook-book.

Notes: