

EAT CAFETERIA CONNECTION

Ask the students to look for a drink in the cafeteria contains between 2 and 3 teaspoons of natural sugar per 8 oz. serving and is an excellent source of calcium- an important nutrient most teens do not get enough of. Discuss their observations when they come back from the cafeteria. *Answer: White (unflavored) Milk*

LEARN CLASSROOM ACTIVITY

Objective

Students will identify healthy breakfast foods.

10 Minute Lesson

The classroom teacher will briefly discuss why it is import to make healthy breakfast choices and explain which types of foods and drinks are the “better-for-you” options and which types should be eaten only occasionally if at all. The teacher show students how to calculate the number of grams of sugar contained in a food or beverage based on nutrition fact label information.

LIVE Home Activity

Ask students to look on the label for a breakfast food or drink they have at home, and calculate the number of teaspoons of sugar in one serving of that food or drink, based on information supplied on the nutrition facts label. Explain that one teaspoon of sugar = 4 grams. If they eat or drink a larger portion size, then how many teaspoons of sugar would their portion contain? Have the students record their findings and discuss in class.

Teacher's Notes

Background

- For an energy boost that lasts all morning long, give your body what it needs by choosing healthy grains, lean proteins, low fat dairy products, fruits, and vegetables for breakfast.
- The foods below are top-picks to perk you up, keep you feeling full, and nourish you with important vitamins and minerals:
 - ✓ Whole grain breads (whole wheat toast, bagels, English muffins, pancakes, and waffles)
 - ✓ Hot and cold cereals made with oats or bran
 - ✓ Fresh fruits, dried fruits like raisins, and fruits canned in juice instead of syrup
 - ✓ Colorful vegetables (for example, baby carrots with peanut butter or yogurt to dip, or chopped veggies stirred into scrambled eggs)
 - ✓ Skim or low fat milk and foods made with them, such as cheese or yogurt
 - ✓ Lean muscle building proteins (for example, eggs, lean ham, turkey or chicken sausage)
- Foods that are high in sugar and/or fats, especially those that are low in fiber, protein, vitamins, and minerals should be consumed, if at all, only occasionally as “treats.”
 - ✓ It's best to pass on foods like donuts and pastries, snack cakes or cookies, fruit flavored drinks with little or no juice, soda, candy bars, and chewy “fruit” flavored snacks in the morning.
 - ✓ These types of foods might give you quick energy, but they may not keep you satisfied and feeling your best until lunchtime. They probably don't contain many, if any, good nutrients for your body, either.

LEARN 10 Minute Lesson

Introduce the topic by briefly reviewing the background information above. Reinforce that to keep your body in top condition, stay sharp, and maintain a healthy weight, wise breakfast choices are a must. Make the most of what you eat and drink- choose foods with the most nutrition value and that don't give you empty calories from sugars and fats.

Teach the students how to calculate the number of teaspoons of sugar that is contained in a food by examining the nutrition fact label. Show one example of the calculation on the blackboard for an 8 oz. serving of sweetened iced tea:

Facts: Nutrition fact label says 28 grams of sugar per 8 oz. serving.
One teaspoon of sugar = 4 grams of sugar.

So in the 8 oz. serving of tea: $\frac{28 \text{ grams per } 8 \text{ oz.}}{4 \text{ grams/tsp.}} = 7 \text{ teaspoons of sugar per } 8 \text{ oz.}$

Challenge the group to see who can be the first to correctly calculate how many grams of sugar would be contained in an entire 2 liter bottle of the same iced tea.

Clues: 1000 ml = 1 liter 8 oz. = 240 ml

Answer: 2 liters x $\frac{1000 \text{ ml}}{\text{liter}}$ x $\frac{8 \text{ oz.}}{240 \text{ ml}}$ x $\frac{7 \text{ tsp. sugar}}{8 \text{ oz.}}$ = $\frac{112,000}{1920}$ = 58 tsp!

Optional Enrichment Idea

Have the students create a visual display for the cafeteria that illustrates the amount of sugar contained in various, incremental amounts of popular soft drinks (for example 12, 16, and 24 oz. and 2 full liters) of iced tea, sports drinks, presweetened take-out coffee, soda, etc.). Have students compute the sugar that would be contained in the ENTIRE container of each drink. Advise students that the number of grams of sugar represented on the nutrition facts label is for the label serving size- the entire container size may be larger, in which case their calculations should be adjusted accordingly. The measured sugar amounts can be displayed in clear containers next to the drink containers. The amount of sugar will look astonishing for very large container sizes of sugar sweetened drinks! Movie theaters or fast food restaurants may be willing to donate drink cups of various sizes for the display.