



LIVING CLOSER
FOUNDATION

Which Food Has Less Sugar?

Grade Level K-1



Connection to The Big Race, Pickles and SkipPy the Super Roo Film: Rex needs help deciding which foods to eat for his next race. Complete the worksheet and circle the foods Rex should eat!

Student Learning Objectives:

The students will be able to distinguish which food has less sugar.

Approximate Time to Complete:

20-25 minutes

Content Areas Addressed:

- Literacy (Reading, Writing and Communicating)
- Math

Materials:

- * Copy of the 2 Sugar Worksheet for each student (see below).
- * 2 options for Food Items:
 1. Print & cut the food pictures & nutrition labels below, OR
 2. Get the following food packaging items: ice cream carton, yogurt cup, bag of chips, bag of celery, milk carton, juice box, plastic play food eggs, plastic play food french toast

Applicable Colorado State Standards:

Kindergarten Standards:

Reading, Writing and Communicating Standard 1: Communication relies on effective verbal and nonverbal skills.

Reading, Writing and Communicating Standard 4: Identify purpose, information and question an issue.

Math Standard 1: Whole numbers can be used to name, count, represent, and order quantity.

Math Standard 4: Measurement is used to compare and order objects.

1st Grade Standards:

Reading, Writing and Communicating Standard 1: Verbal and nonverbal language is used to express and receive information.

Reading, Writing and Communicating Standard 4: Purpose, information, and questions about an issue are essential steps in early research.

Math Standard 1: The whole number system describes place value relationships within and beyond 100 and forms the foundation for efficient algorithms

Math Standard 4: Measurement is used to compare and order objects and events

Procedure:

1. Invite the students to the large group area of the classroom.
2. Explain that they will be helping Rex make better choices about the food he eats.
3. Pass out the Sugar worksheet.
4. On the front page, have the students circle the food that they think/predict has less sugar in each of the four boxes.
5. Explain that students will be going to four stations. Each station will have two foods and the students will have to decide which food has *less* sugar.
6. Here are the stations...
 - Ice Cream vs. Yogurt
 - Eggs vs. French Toast
 - Chips vs. Celery
 - Milk vs. Juice
7. Model how to do one of the stations. Take your paper to one of the stations, and look at the items and their nutrition labels. Find the highlighted section of SUGAR and compare/contrast the amount of sugar in the two foods. Then, circle the food that has less sugar and put an X on the food with the most sugar. Then, go to the next station.
8. Split the class into four groups and send each group to one of the stations to get started. Rotate the groups every 3 minutes.
9. Have the class gather in the large group area of the classroom, and go over the Sugar worksheet as a class.
10. Have the student think-pair-share about their predictions versus the conclusion of the experiment.
11. Have a few students share their findings using the sentence frame... "I thought _____ had more sugar than _____."
12. Remind students how important it is to check nutrition labels for sugar, because you might think you know which food is healthier, but to be sure you need to check the label.

Optional Next Steps & Resources:

You could have the students journal about the comparison of two foods in their home pantries. For English Language Learners, provide a sentence frame for this journal assignment. For example, "_____ had less sugar than _____."

Name: _____

Circle the food that has *less* sugar (the food Rex should eat). Put an X on the food with the *most* sugar (the food Rex should not eat).

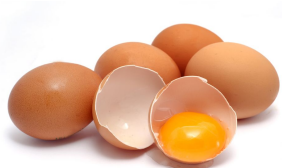
Predictions



Ice Cream



Yogurt



Eggs



French Toast



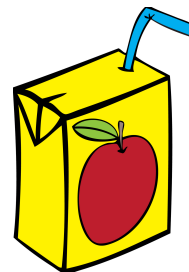
Chips



Celery



Milk



Juice

Name: _____

Conclusions



Ice Cream



Yogurt



Eggs



French Toast



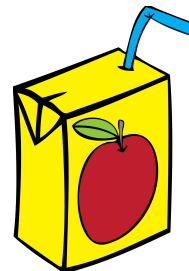
Chips



Celery



Milk



Juice

Eggs

Nutrition Facts			
Per 1 large egg (53 g)			
Amount		% Daily Value	
Calories 70			
Fat 5 g			8 %
Saturated 1.5 g			8 %
+ trans 0 g			
Cholesterol 195 mg			
Sodium 65 mg			3 %
Carbohydrate 1 g			1 %
Fibre 0 g			0 %
Sugars 0 g			
Protein 6 g			
Vitamin A	10 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %
Vitamin D	15 %	Vitamin E	15 %
Riboflavin	15 %	Niacin	8 %
Vitamin B12	50 %	Folate	15 %



French Toast

Nutrition Facts			
Serving Size 247 g			
Amount Per Serving			
Calories 262		Calories from Fat 114	
% Daily Value*			
Total Fat 12.7g		19%	
Saturated Fat 1.7g		9%	
Cholesterol 0mg		0%	
Sodium 180mg		8%	
Total Carbohydrates 24.9g		8%	
Dietary Fiber 6.2g		25%	
Sugars 2.4g			
Protein 19.2g			
Vitamin A 4%		Vitamin C 29%	
Calcium 8%		Iron 13%	
Nutrition Grade A			
* Based on a 2000 calorie diet			



Ice Cream

Nutrition Facts

Serving Size 1/2 Cup (77g)

Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 45mg **15%**

Sodium 25mg **1%**

Total Carbohydrate 15g **5%**

Dietary Fiber 0g **0%**

Sugars 13g

Protein 2g

Vitamin A 10% • Vitamin C 4%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.



Yogurt

Nutrition Facts

Serving Size 125 g

Amount Per Serving

Calories 104 **Calories from Fat** 56

% Daily Value*

Total Fat 6.3g **10%**

Saturated Fat 0.9g **4%**

Trans Fat 0.0g

Cholesterol 0mg **0%**

Sodium 13mg **1%**

Total Carbohydrates 10.2g **3%**

Dietary Fiber 2.5g **10%**

Sugars 4.2g

Protein 2.6g

Vitamin A 1% • Vitamin C 22%

Calcium 14% • Iron 4%



Chips

Nutrition Facts

Serving Size 1/2 cup (30g)

Servings Per Container About 2.5

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 28g	9 %
Dietary Fiber 3g	12 %
Sugars 22g	

Protein 1g

Vitamin A 0% • Vitamin C 4%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Celery

Nutrition Facts

Serving Size 101 g

Amount Per Serving

Calories 16 Calories from Fat 2

% Daily Value*

Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat	
Cholesterol 0mg	0 %
Sodium 81mg	3 %
Total Carbohydrate 3g	1 %
Dietary Fiber 2g	6 %
Sugars 2g	

Protein 1g

Vitamin A 9% • Vitamin C 5%

Calcium 4% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



Milk

Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150 Calories from Fat 70	
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

Juice

Nutrition Facts	
Per 1 cup (250 g)	
Amount	% Daily Value
Calories 100	
Fat 0 g	0 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 3 mg	0 %
Carbohydrate 26 g	8 %
Fibre 1 g	4 %
Sugars 23 g	
Protein 2 g	
Vitamin A 20 %	Vitamin C 170 %
Calcium 2 %	Iron 2 %

