







Lesson 4: Take Out the Sugar & Caffeine

	<p>Skill Objectives</p>	<ul style="list-style-type: none"> Practice following the recommended guidelines for added sugar consumption and explain how excess sugar consumption can impact health, including causing dental cavities and obesity. Connect caffeine content of common beverages to health concerns associated with excess caffeine consumption.
	<p>Big Idea</p>	<p>Sugar and caffeine both occur naturally in certain plant-based foods, however, they also frequently are processed and added to beverages and food in a way that is not natural or healthy. These sneaky ingredients can have many negative health consequences if we consume too much of them.</p>
	<p>Discussion</p>	<ul style="list-style-type: none"> What are your favorite high-sugar foods and beverages? How can you reduce your intake of added sugar and caffeine?
	<p>Engage</p>	<p>Activity 1: Sugar-Free Candyland Students play as a class to answer questions about GO-SLOW-WHOA foods.</p>
	<p>Review & Reflect</p>	<ul style="list-style-type: none"> How can you determine the added sugar and caffeine content of foods and beverages? What are some negative consequences of consuming too much of these ingredients?
	<p>Grade-Level Differentiation</p>	<p>3rd Grade Help 3rd graders learn to examine nutrition labels to identify the difference between foods containing natural sugars and foods with added sugars or sweeteners.</p> <p>4th Grade Make sure 4th graders can identify the recommended guidelines for added sugar consumption and explain how excess sugar consumption can impact health, including causing dental cavities and obesity.</p> <p>5th Grade Challenge 5th graders to identify the sugar and caffeine content of common beverages and health concerns associated with excess consumption of each</p>



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