



Sometimes Foods Sample Lesson: 1st & 2nd Grades



Learning Outcome: Identify foods with added sugar and solid fats

Supplies: **MyPlate** poster and sugar packets or cubes

Student Handout: “**Sometimes**” Foods and “**Switcheroos**”

1. Display the **MyPlate** poster for your students to see; review the five food groups on **MyPlate** and ask students how they moved their bodies over the last week.
2. Begin a discussion by asking students to think about what makes them choose the foods they eat. Do they choose foods they like based on how they taste, smell, or look? Or do they choose food based on the name, because someone special made the food, or because it's served on a special occasion?
3. Give students 5 minutes to work in pairs to talk about their favorite snacks and desserts. Encourage them to describe and explain why they like the snacks and desserts that they do. When they are done, ask each student to describe his or her partner's favorite snack or dessert. Students should describe and explain the food in as much detail as they can for the class. What is the food? Why did their partner like it?
4. Ask kids to think about foods that have sugar that is added to them when they are prepared, such as frosted cereals, cookies, and lemonade. Ask why sugar might be added to foods. (*For many foods, sugar is added to make the foods taste sweet.*) What are some other examples of foods that have sugars added to them when they are made? (*Candy, muffins, cake, ice cream, regular sodas, fruit punch, sweet tea, and sports drinks.*) What are some examples of foods that taste sweet but do not have added sugars? (*Fruits!*)
5. Invite students to guess how much **added sugar** is in each of these food and beverage items. Show sugar packets or sugar cubes, or pass out plastic spoons to each student so they can understand the amount of sugar in a teaspoon.
 - Regular soda (12-fl oz can) = 7.9 tsp added sugars, or almost 8 sugar cubes
 - Fat-free milk (not flavored; 8 fl-oz carton) = no added sugars, or 0 cubes
 - Fat-free chocolate milk (8-fl oz carton) = 3.5 tsp added sugars, or 3.5 cubes
 - 100% orange juice (8-fl oz or 1 cup) = no added sugars, or 0 cubes
 - Lemonade (8-fl oz glass) = 5.5 tsp added sugars, or 5.5 cubes
 - Two medium chocolate chip cookies = 1.6 tsp added sugars, or 1.5 cubes
 - Apple (medium) = no added sugars, or 0 cubes
 - Two graham cracker squares = 1 tsp added sugars, or 1 cube

6. Ask students to share what they think can happen if they eat too much sugar. What are some other reasons that drinking or eating foods with lots of added sugars might not be healthy? Let students offer their answers. Explain that too much sugar can lead to tooth decay or weight gain. Foods with added sugars can also fill us up and not leave room for healthier foods that give our bodies the nutrients we need to look and feel our best. This is why foods that are high in added sugars are “sometimes” foods, foods we eat only some of the time and in smaller amounts.
7. Show the class a sample (or pictures) of butter and a sample of vegetable oil. Ask if anyone knows what types of foods butter and vegetable oil are. (*They are fats.*) Ask for volunteers to describe the difference between the butter and the oil. (*The important difference is that the butter is a solid and the oil is a liquid.*) Can any students describe the characteristics of a solid and characteristics of a liquid? We call butter a solid fat and vegetable oil a liquid fat. Solid fats, like butter and stick margarine, are solid at room temperature. Liquid fats, like olive oil or canola oil, are liquid at room temperature.
8. Ask if anyone knows why we might want to think about the types of fats that we eat. Accept all answers.
9. Explain that liquid fats are healthier for our hearts than solid fats. Explain that our hearts pump blood through our bodies using little tubes (like straws) called arteries and veins that carry blood to the rest of our body parts. We need our heart and these tubes to be healthy so that our body functions well.
10. Ask students if they can think of any foods that have solid fats in them and are therefore “sometimes” foods. Possible examples include:
 - Hot dogs
 - Bacon
 - Doughnuts
 - Sausage
 - Fried chicken
 - French fries (fried in solid fat)
11. Ask volunteers to explain why it would be smart for people to not eat too many foods with solid fats in them. (*These foods make it harder on our hearts. And they can fill us up before we get what we need from other healthy foods.*)
12. Summarize and reflect on the lesson by asking the class the Essential Question: “What foods should I eat less of and why?” Invite students to share what they have learned. Remind students that foods and beverages with added sugars and solid fats can fill us up and not leave room for foods we need to eat to get nutrients.
13. Divide the class into pairs and pass out the handout **“Sometimes” Foods and “Switcheroos”** to each pair. Explain to students that in this activity they will look at five food examples that are high in added sugars or solid fats, known as “sometimes” foods and work together to come up with healthier alternatives, or “Switcheroos.”

