

Food Fun

How Much Sugar? How Much Fat?

Purpose:

- Learn to read food labels
- Identity fats in foods
- Identity sugars in foods
- Learn to convert grams

Activity 1: How Much Sugar?

Supplies:

- Labels from three typical sugary snack foods and two drinks as examples for students to find grams of sugar.
- Sugar and a teaspoon measure
- Cups labeled with names of snacks and drinks

Talk with the participants about sugars in foods by reading the nutrition label found on most food packages. Approximately 4 grams = 1 teaspoon. Divide the number of grams by 4 to learn the measure of sugar in each snack or drink.

- Measure out the number of teaspoons in each of the foods and drinks into individual cups, each labeled with the name of one of the foods or drinks.
- When completed, read this story or make up one of your own. As you read the story dump the sugar from each cup in to a large container. At the end of the story measure out the sugar to find the total amount of sugar you ate and drank.

“One day, I was very late getting ready for school/work. I was in such a hurry I didn’t have time to eat a healthy breakfast. Instead, I grabbed a package of toaster pastries and a bottle of soda. During the ride to school a friend gave me donuts and I drank half of the soda. At lunch, I remembered I had forgotten the peanut butter and jelly sandwich on whole wheat bread, carrot sticks, and apple juice that was in my lunch sack on the kitchen counter. I was hungry and did not have any money to

buy school lunch/go out for lunch, so I ate the toaster pastries and drank the other half of the soda. When I got home after school/work I was *really* hungry. I didn’t want the lunch I had made (and forgotten). Instead I found some more snacks and another soda to eat and drink while I did my homework/read the paper. Look at how much sugar I ate and drank for my breakfast, lunch and after-school/work snacks!”

Activity 2: How Much Fat?

Supplies:

- Nutritional information from fast food restaurants. Available on line (these restaurants are required to post the nutritional information of the products they sell.)
- Crisco or similar product and a teaspoon measure
- Hamburger buns
- An overhead or poster listing 4 – 8 popular fast foods and their grams of fat.

Talk with the participants about fats found in foods by reading the nutrition labels found on most food packages. Approximately 4 grams = 1 teaspoon. Divide the number of grams by 4 to learn the measure of fat in food items.

- Ask the students what are their favorite fast foods.
- Using your poster, ask the students to divide the number of fat grams by 4.
- Using Crisco or similar product, measure out the number of teaspoons in a food or meal (example: large hamburger and fries)
- Put the measured fat on a hamburger bun. The result is a “blubber burger.”

Adapted from EFNEP Nutrition Education Materials



2 activities for youth grades 4 - 5. Allow 30 - 45 minutes. Math Standard - Measuring.

Colorado State University Cooperative Extension 4-H Youth Development

<http://4hweb.ext.colostate.edu/schoolenrichment/schoolenrichment.shtml>