

# Teacher Lesson Plan & Activities

Theme: Carbohydrates and Sugar

## Overview:

Carbohydrates give us energy. By choosing the right kind of carbohydrates students can be better prepared to think, move and play. This interactive lesson builds a students ability to recognize and choose between carbohydrates that are simple, complex or empty.

## Grade Ranges:

1st through 3rd grades

## Curriculum:

Primary alignment with health education.

## Curriculum Connections:

Reading comprehension, critical thinking, physical activity, spelling

## Approximate Time:

15 minutes

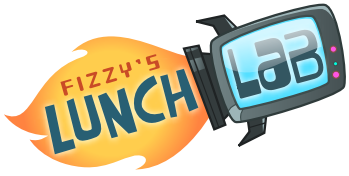
## Objectives and Outcomes:

- Students will be able to spell and state the definition of 'carbohydrate'
- Students will be able to state the three kinds of carbohydrates
- Students will be able to categorize foods as a simple, complex or empty carbohydrate

## Materials:

- Print off student activity sheets.





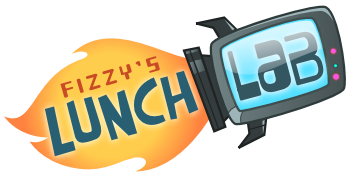
# Teacher Lesson Plan & Activities

Theme: Carbohydrates and Sugar

## Lesson and Teacher Talking Points for Class Discussion:

- A car needs gas to run - carbohydrates are like gas for your body. You need it to run your body's engine. When your parents buy gas for their car, they choose the kind of gas that will make their car run the best.
- Check out question #1 on your worksheet - let's spell 'carbohydrates'.
- It's important to eat foods with carbohydrates every day. Your body needs carbohydrates to think, move and play. There are different types of gas for your cars and there are different types of carbohydrates in foods.
- Check out question #2 on your worksheet - true or false? [True]
- Here's what's important to remember - foods have three kinds of carbohydrates - simple, complex and empty. Look at question #3 and fill in the blanks:
  - SIMPLE carbohydrates give you quick energy to think and move fast.
  - COMPLEX carbohydrates give you energy that lasts a long time.
  - EMPTY carbohydrates give you energy but nothing else.
- Let's define carbohydrates. Look at question #4 and circle the words you think best describe a carbohydrate. We'll review the answers as a group.





# Teacher Lesson Plan & Activities

Theme: Carbohydrates and Sugar

## Professor Fizzy's Classroom Activity Sheet

**Fill in the missing letters:** Your body needs C \_ R B \_ H Y \_ R \_ T \_ S to think, move & play!

**PROFESSOR FIZZY SMARTS:** A car needs gas to run - carbohydrates are like gas for your body. You need it to run your body's engine. When your parents buy gas for their car, they choose the kind of gas that will make their car run the best.

**True or False?:** Carbohydrates are found in foods.

It's important to eat foods with carbohydrates every day. Your body needs carbohydrates to think, move & play. There are different types of gas for cars and there are different types of carbohydrates in foods.

**PROFESSOR FIZZY SMARTS:** Here's what's important to remember: foods have three kinds of carbohydrates - simple, complex and empty.

**Follow along and fill in the blanks:**

- \_\_\_\_\_ carbohydrates give you quick energy to think and move fast.
- \_\_\_\_\_ carbohydrates give you energy that lasts a long time.
- \_\_\_\_\_ carbohydrates give you energy but nothing else.

**Circle the RIGHT words that describe a carbohydrate:**

FUEL FOR YOUR BODY

A NEW SONG

ANOTHER NAME FOR A CAT

CARBOHYDRATES ARE FOUND IN FOODS

A CAR

A STREET NAME

