

KID NATION LESSONS



Objective

WHY EATING
TOO MUCH
SUGAR IS BAD
FOR YOU

Intro

What kinds
of foods
contain a lot
of sugar?

Video

SUGAR

Activity

Students fill
out attached
worksheet
individually

Discussion

Regroup and
discuss the first
four questions
together. Then
have students
explore the final
question in pairs.

Takeaway

**LIMIT THE
AMOUNT
OF SUGAR
YOU EAT**

Name: _____

Teacher: _____

Grade & Section: _____

Date: _____



SUGAR

Write an opinion piece based on the topic. Follow the structure to organize your thoughts. Use linking words and phrases, such as "because", "therefore", and "since" to connect your reasons to your opinion.

Topic: What foods should you eat daily?



OPINION



**Reason 1 +
Example 1**



**Reason 2 +
Example 2**



**Reason 3 +
Example 3**



CONCLUSION

SUGAR



DISCUSSION QUESTIONS

QUESTION 1

What kinds of foods have sugar?

QUESTION 2

Why shouldn't you eat too much sugar?

QUESTION 3

What should you do after eating something with sugar?

QUESTION 4

What can you eat for dessert that doesn't have a lot of sugar?

LET'S DISCUSS!

Let's discuss! Turn to a classmate or ask a friend. What are some of your favorite healthy foods?