### 6th Grade Health 1/22/20

EQ: How does sugar affect your brain?

CW: Sugar Card Sort

HW: No HW

Turn in food label scavenger hunt

# Agenda

- 1.Question of the day
- 2. Mindful minute
- 3. Intro to Sugar
- 4. Sugar Facts Agree/Disagree
- 5. How sugar affects the brain

# Open Ended Question

Write silently for three minutes: If you were ruler of your own country what would be the first law you would introduce? Why?



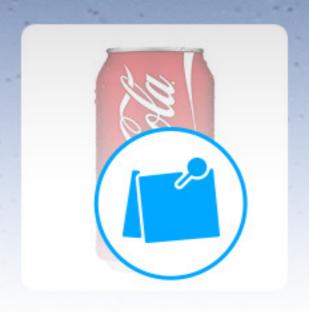
https://www.youtube.com/embed/UXoRAtXb6KE



## Poll

#### How many sodas and sport drinks did you drink over the past seven days?

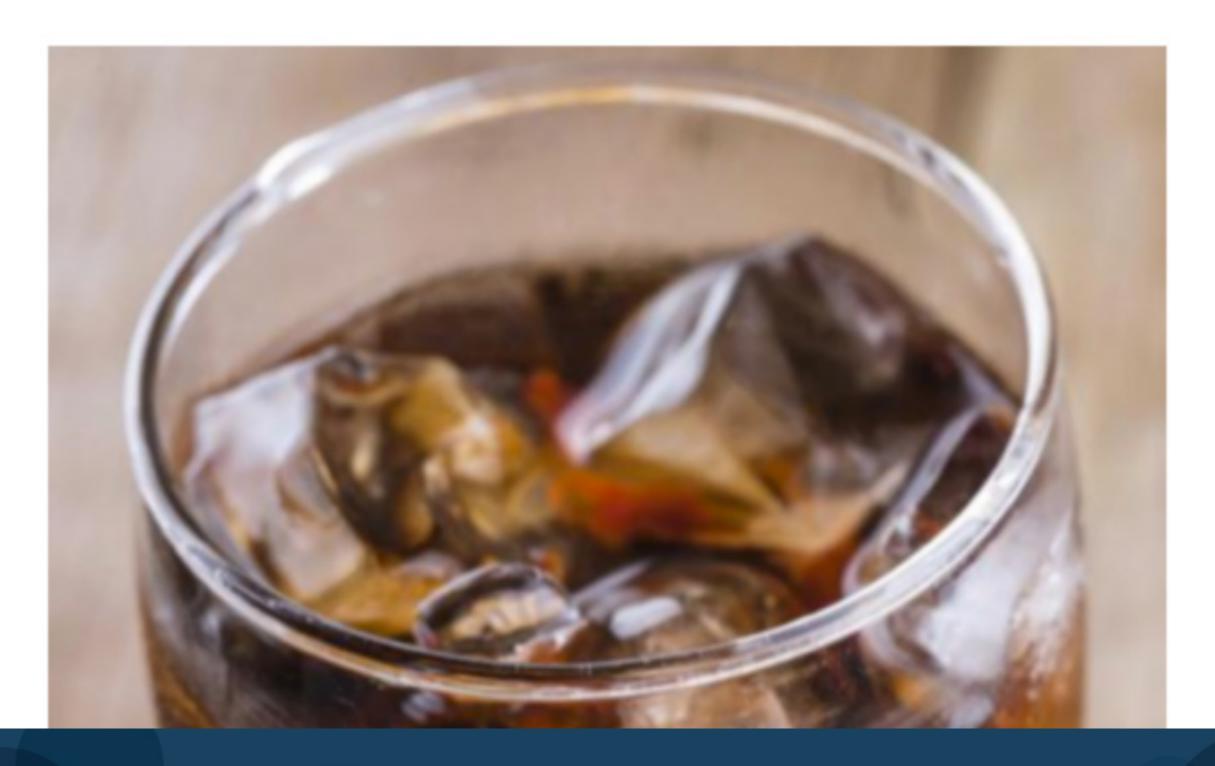
- O I don't drink soda or sports drink
- 1-2
- 5-7
- More than Seven

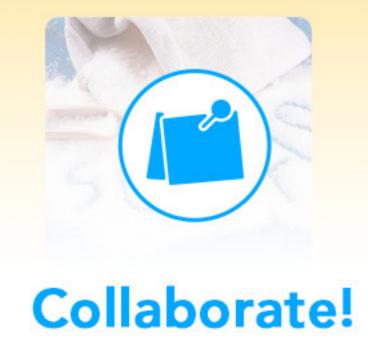


#### Collaborate!

How many teaspoons of sugar do you think are in a 12-ounce

A 12-ounce can of regular Coke contains 39 grams of total sugar, which is about 9 1/3 teaspoons of sugar. If you're reading the ingredients list though, you won't see sugar clearly listed. Coke in the United States is made with high fructose corn syrup as a lower-cost sugar alternative. High fructose corn syrup is actually the second ingredient in Coke, behind carbonated water.





What are some other names for sugar you know of?

### Words for Sugar

- Sugar/Raw Sugar/ Cane sugar
- \* Dextrose
- \* Brown Sugar
- \* Maltose
- \* Honey
- \* Molasses
- \* Glucose

- \* Sucrose
- \* Fructose
- \* Corn syrup
- \* Corn Sweetener
- High Fructose Corn syrup
- \* Invert sugar
- \* Malt Syrup

### Sugar Card Agree-Disagree

I'll show cards on the doc camera. Decide if you think the card is true (agree) or false (disagree) and then move to that side of the classroom.



https://www.youtube.com/embed/IEXBxijQREo



Sugars are \_\_\_\_\_ processed foods such as tomato sauce, dried fruit, and granola bars.

- Added To
- Removed from
- Neither added nor remove
- Activated in

Sugar \_\_\_\_\_ the brain's reward system.

- destroys
- represses
- activates
- does nothing to

#### Overstimulation of the reward system may result in

- Loss of control
- Craving
- Increased tolerance
- All of the above

### What important chemical in the brain is changed in response to sugar ingestion?

- Melanin
- Insulin
- Urea
- Dopamine

#### What kind of diet has an effect in the brain that is similar to eating a balanced meal?

- Eating sugary foods once in a while
- Eating sugary foods all the time
- Eating only processed foods
- Eating about 4 sugar cubes before each meal

# Open Ended Question

Using the information from the video, briefly describe how eating sugar can lead to greater cravings, loss of control, and increased tolerance.



#### Collaborate!

Do you have any ideas about how a person can limit the