

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?

- 0 - I don't drink soda or sports drink
- 1-2
- 2-4
- 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.





Collaborate!

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/LEXBxijQREo>

Quiz

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.

Do you have any ideas about how a person can limit



Collaborate!

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