

Fat, Sugar, and Salt

Summary

Awareness of fat, sugar and salt in manufactured and commercially prepared foods.

Main Core Tie

Food And Nutrition

[Strand 4 Standard 4](#)

Additional Core Ties

Food And Nutrition

[Strand 6 Standard 2](#)

Time Frame

3 class periods of 45 minutes each

Group Size

Individual

Materials

Poster board

5 empty food packages (ex. If it is a frozen pizza they bring in the whole pizza box - instruct students to not bring in the food just the package and only 1 can be from a "junk food" item -- water is not allowed as a food label)

3-4 boxes sugar cubes

glue sticks

White liquid glue

scissors

5 sheets of yellow foam (best to get the sticky backed sheets), container of salt

2"x3" ziploc craft bags (you can buy these at the craft store along with foam sheets)

Student Prior Knowledge

Each student will need to have their individual information from MyPyramid.gov and have it in hand.

Have students write down what they ate yesterday -- identifying the commercially prepared items.

Intended Learning Outcomes

Awareness of fat, sugar and salt in manufactured and commercially prepared foods.

Instructional Procedures

See Attached Lesson plan and worksheets.

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