

# 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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