Fat, Sugar, and Salt

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

Main Core Tie
Food And Nutrition I
Strand 4 Standard 4

Additional Core Ties
Food And Nutrition I
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
3 glue sticks
White liquid glue
Scissors
5 sheets of yellow foam (best to get the stickey 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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