

# You are sweet enough!

The average American eats about 17 teaspoons of added sugar every day. This adds up to over 57 pounds of sugar a year!

Eating more sugar leads to weight gain and obesity. This can cause serious health problems such as heart disease and diabetes.

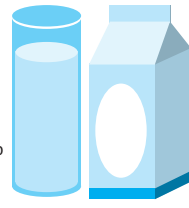
Source: angelinstitute.edu

Eating too much sugar makes it harder for your white blood cells to kill germs. That means that eating too much added sugar can lead to getting sick more often.

A lot of the added sugar people consume can be found in sweetened drinks.

Drink unsweetened tap, bottled, or sparkling water, unsweetened low-fat milk or tea, or 100% fruit juice in limited amounts\*.

\* Depending on age, children can drink ½ to 1 cup, and adults up to 1 cup of 100% fruit juice.



Source: heart.org

### SUGAR SMART

**PARENTS:** New government guidelines say that no more than 10% of our daily calories should come from added sugar. For kids that is less than about 6 teaspoons per day.

The American Heart Association recommends a maximum of 6 teaspoons (25 grams) of added sugar per day for kids.



Use Nutrition Facts labels to track the amount of sugar your kids are consuming. Note: food labels do not distinguish between natural and added sugar.

### Exercise Story

Have a parent or friend read this story aloud. Each time one of the fruits below is mentioned, do that motion for 30 seconds. Then, trade places as you read the story aloud.

- = hopping in place
- = stand on one foot
- = jumping jacks
- = run in place
- = sit ups
- = somersault
- = touch your toes

Mr. Citrus' food truck was very popular. The truck was designed to look like a giant orange and each day he'd drive to business parks at lunch time. People would buy fresh watermelon slices, bunches of grapes, apples and more.

One day, Mr. Citrus parked on a steep hill. When he opened the truck's customer window, fruit began rolling off the counter and down the hill.

Strawberry after strawberry rolled alongside oranges and apples. Luckily, Mr. Citrus was able to catch a large box of grapes before it also tumbled away.

The rolling fruit picked up incredible speed. At the bottom of the hill sat Officer Stan, enjoying a slice of watermelon at the park.

Suddenly, poor Stan was pelted with strawberries, lemons, apples and oranges, knocking him off the park bench.

As he wiped smashed apple bits off his uniform, he called his sergeant on his radio.

"You're not going to believe this, Sgt. Pear, but I was just attacked by an escaped fruit salad!"

**Standards Link:** Physical Education: Use a variety of basic and advanced movement forms.

### Kid Scoop VOCABULARY BUILDERS

This week's word: **CONSUME**

The verb **consume** means to eat, drink or buy something.

Kids should not consume more than six teaspoons of added sugar daily.

Try to use the word **consume** in a sentence today when talking with your friends and family members.

### Write On!

#### Healthy Snacks

Write an advertisement for a healthy snack. Why should kids choose this instead of chips, candy and other unhealthy snacks?

Do the math to find out the amount of calories each drink contains and how many minutes of walking it would take to burn off the calories in each drink.

<p>One sugar packet = .1 oz (3 g)</p> <p><b>Chocolate Milk</b> 8 oz (237 ml)</p> <p>CONTAINS: <b>9 SUGAR PACKETS</b></p> $\begin{array}{r} 80 + 80 = 160 \\ \hline \text{CALORIES} \end{array}$ $\begin{array}{r} 21 + 13 = 34 \\ \hline \text{MINUTES OF WALKING} \end{array}$	<p><b>Juice Drink</b> 20 oz (591 ml)</p> <p>CONTAINS: <b>23 SUGAR PACKETS</b></p> $\begin{array}{r} 150 + 155 = \\ \hline \text{CALORIES} \end{array}$ $\begin{array}{r} 33 + 33 = \\ \hline \text{MINUTES OF WALKING} \end{array}$	<p><b>Soda</b> 20 oz (591 ml)</p> <p>CONTAINS: <b>22 SUGAR PACKETS</b></p> $\begin{array}{r} 160 + 82 = \\ \hline \text{CALORIES} \end{array}$ $\begin{array}{r} 20 + 32 = \\ \hline \text{MINUTES OF WALKING} \end{array}$	<p><b>Sports Drink</b> 20 oz (591 ml)</p> <p>CONTAINS: <b>12 SUGAR PACKETS</b></p> $\begin{array}{r} 70 + 55 = \\ \hline \text{CALORIES} \end{array}$ $\begin{array}{r} 15 + 12 = \\ \hline \text{MINUTES OF WALKING} \end{array}$	<p><b>Energy Drink</b> 16 oz (473 ml)</p> <p>CONTAINS: <b>17 SUGAR PACKETS</b></p> $\begin{array}{r} 140 + 90 = \\ \hline \text{CALORIES} \end{array}$ $\begin{array}{r} 15 + 35 = \\ \hline \text{MINUTES OF WALKING} \end{array}$
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### Be a sugar detective!

Did you know that some brands of canned tomato soup have 20 grams of sugar? That's as much as two doughnuts!

Always read the Nutrition Facts labels before taking a bite or sip.

Look at these examples. Which food has the most sugar per serving?

Which item had more sugar than you thought?

<p><b>PEANUT BUTTER</b></p> <p>Total Fat 16g 24% Cholesterol 0mg 0% Sodium 135mg 6%</p> <p><b>Sugar 3g</b></p>	<p><b>SOUP</b></p> <p>Total Fat 0.5g 1% Cholesterol 0mg 0% Sodium 480mg 20%</p> <p><b>Sugar 12g</b></p>	<p><b>Macaroni &amp; Cheese</b></p> <p>Total Fat 1g 25%* Cholesterol 0mg 1%* Sodium 720mg 37%*</p> <p><b>Sugar 6g</b> *as prepared</p>
<p><b>Chocolate Mousse Yogurt</b></p> <p>Total Fat 4g 6% Cholesterol 15mg 5% Sodium 105mg 4%</p> <p><b>Sugar 22g</b></p>	<p><b>Frozen Waffles</b></p> <p>Total Fat 6g 8% Cholesterol 5mg 2% Sodium 360mg 16%</p> <p><b>Sugar 2g</b></p>	<p><b>CRACKERS</b></p> <p>Total Fat 9g 14% Cholesterol 0mg 0% Sodium 250mg 10%</p> <p><b>Sugar 2g</b></p>

### Extra! Extra! Sugar Adjectives

Look through the newspaper for 10 words that describe sugar. Write them here:

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**Standards Link:** Reading Comprehension: Follow written directions.

### Kid Scoop Puzzler

#### SECRET SUGAR CODE

Did you know that there are more than 50 names for sugar that can be found on food labels? Use the Secret Sugar Code at right to reveal some of the most common.

24 = A	16 = I	8 = R
23 = B	15 = J	7 = S
22 = C	14 = K	6 = T
21 = D	13 = L	5 = U
20 = E	12 = M	4 = V
19 = F	11 = N	3 = X
18 = G	10 = O	2 = Y
17 = H	9 = P	1 = Z

7 5 22 8 10 7 20	21 20 3 6 8 10 7 20
17 16 18 17 19 8 5 22 6 10 7 20	
22 10 8 11 7 2 8 5 9	
12 24 13 6 10 7 20	18 24 13 24 22 6 10 7 20
22 24 11 20 15 5 16 22 20	21 20 3 6 8 16 11

### Double Double Word Search

- DETECTIVE
- DOUGHNUTS
- SWEETENED
- MAXIMUM
- AVERAGE
- TOMATO
- LABELS
- SUGAR
- HEART
- GERMS
- BLOOD
- SYRUP
- CELLS
- SOUP
- SICK

Find the words in the puzzle. How many of them can you find on this page?

D	D	C	S	M	R	E	G	D	D
E	S	E	R	B	L	O	O	D	M
N	Y	L	T	A	H	U	K	E	A
E	R	L	E	E	G	T	C	G	X
T	U	S	A	H	C	U	I	A	I
E	P	R	N	P	E	T	S	R	M
E	T	U	C	T	U	I	I	E	U
W	T	O	M	A	T	O	V	V	M
S	L	E	B	A	L	E	S	A	E

**Standards Link:** Letter sequencing. Recognize identical words. Skim and scan reading. Recall spelling patterns.

### FROM THE Kid Scoop LESSON LIBRARY

#### Sweet Story

Find a newspaper article about something happy or positive. On a piece of paper, write down the who, what, when, where, why and how in the news story.

**Standards Link:** Language Arts: Understanding meanings from context clues.

### Why did the little kid put sugar under his pillow?



ANSWER: So he could have sweet dreams.

### Write On!

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