



Sometimes Foods Sample Lesson: 3rd & 4th Grades



Learning Outcome: Identify foods with added sugar and solid fats

Student Handout: **Added Sugars and Solid Fats** Matching Activity

1. Display the **MyPlate** poster for your students to see; review the five food groups on **MyPlate** and ask students how they moved their bodies over the last week.
2. Begin by reminding students that we need foods from all food groups to get the nutrients we need to play hard, grow, and be healthy. Some foods within the food groups are healthier choices that we want to eat more often. These foods contain a lot of nutrients but not a lot of added sugars and solid fats. What are some examples of foods in each of the food groups that are healthier choices? (*Vegetables and fruits (when prepared without adding solid fat or sugar), whole grains, fat-free and low-fat milk, yogurt and cheese, seafood, lean meats, chicken and turkey without the skin, eggs, beans and peas, and nuts and seeds.*)
3. Ask students the Essential Questions: “Sometimes” foods? Why are they called that? Accept all answers. (*Students may offer answers such as cupcakes (Grain Group), ice cream (Dairy Group), lollipops (no food group), fried chicken or fish (Protein Foods Group), French fries (Vegetable Group), chocolate-covered raisins (Fruit Group).*) Explain that in each food group, there are foods that are higher in solid fats or added sugars or both. For example, fried chicken belongs to the Protein Food Group but it contains more solid fat (from the frying and the skin) than grilled, skinless chicken. Frosted breakfast cereal belongs to the Grain Group, but contains more added sugars than regular corn flakes. We call these foods “sometimes” foods because we want to eat these foods only some of the time and in smaller amounts. We want to choose foods lower in solid fats and added sugars most of the time. For example, we want to choose fat-free milk every day and have ice cream only sometimes, or as a special treat.
4. Ask students: In what food group do soda and candy belong? Explain that these foods are made up almost entirely of added sugars and/or solid fats. They do not contain enough of any nutrients to put them into a food group. Since these foods do not give our bodies what we need to play hard, grow, and be healthy, it’s best to eat them only as special “treats” and not every day.
5. Ask students to share ideas of why they think these foods should be eaten less. (*Eating too many solid fats and added sugars makes it harder to eat enough of the other foods we need to play hard, grow, and be healthy. These foods can make it harder to keep a healthy weight and have a healthy heart, and too many added sugars can also lead to more cavities.*)

6. Distribute the **Added Sugars and Solid Fats** Matching Activity handout. Explain to students that they need to match the drink pictured with how many teaspoons of added sugar it contains. Next, have students match the food pictured with how many grams of solid fat it contains.
7. Summarize and reflect on the lesson by asking the class: “What foods should I eat less of and why?” Invite students to share what they have learned. Remind students that foods and beverages with added sugars and solid fats can fill us up and not leave room for foods we need to eat to get nutrients.

