

3. NATURE'S CANDY: SCIENCE, MATH, AND LANGUAGE ARTS

GRADE LEVEL – 3RD GRADE & 4TH GRADE

E: How can I use the Nutrition Facts to analyze sugar content in Fruits and Candy?

A: Show Nature's Candy Video: www.jumpwithjill.com/watch/natures-candy-music-video/



T: Discuss what students saw in the video:

- Why does Jill call fruit Nature's Candy?
- What makes fruit and candy different?
- What kind of Nature's Candy did you see?
- What is your favorite nature's candy?
- Did any other words in the song catch your ear?
- Discuss the difference between natural sugar in fruits and the added sugar in candy.
 - Fruits like watermelon have to be grown, pollinated, and picked and therefore contain a host of nutrients that our body needs because in addition to the natural sugars there is also a lot of fiber. Fruits are naturally sweet and colorful with the nutrients and fiber that are good for growing strong.
 - Candy, and most junk foods, are really just sugar and flavoring without any of the nutrients. Added sugar is any sugar that was added to the food at some point in processing. You might see it in on the ingredient label as sugar or brown sugar, corn sweeteners and high-fructose corn syrup or other "oses" like fructose, glucose, maltose, or dextrose; honey, molasses, malt or maple syrup. Most of the added sugars in the American diet come from sweetened drinks like sodas and energy drinks, sweet snacks, sweetened coffees and teas, and breakfast cereals and bars. Because of the links between added sugars and risk for cardiovascular disease, important scientists have updated the 2020-2025 Dietary Guidelines to use Americans to be on the lookout for added sugars in the foods and drinks they choose.

FRUIT UNIT LESSON PLANS FOR THE NATIONAL WATERMELON PROMOTION BOARD

- For students to gain appreciation of the work necessary for our food to grow (and those natural sugars to develop!), use Activity 1 *Becoming a Watermelon*. Read aloud the paragraph and ask students to write growth phase on the chart.
- Present the concept of a food label.
 - On the backs of everything you buy is a food label that tells you what's inside what you are eating. You might notice that many fruits and vegetables are not packaged in boxes or bags but rather are fresh in the store in their own 'packaging' and therefore don't appear to have nutrition labels. There is a lot of information on there and if you aren't an expert, it can be a lot to try to understand. Today we we will just look at just one ingredient - sugar - and see how that compares from fruit to candy. We'll also look at the total number of ingredients in a fruit that is grown compared to a food that is manufactured.
 - Using Activity 2 Nutrition Label Worksheet to chart compare the natural vs. added sugar and the number of ingredients in watermelon vs. watermelon candy.

S: Discuss as a group to share findings and review areas of misunderstanding.

3RD GRADE:

CCSS.ELA-LITERACY.RL.3.1

Use information gained from text features to demonstrate understanding of a text.

CCSS.MATH.CONTENT.3.MD.B.3

Represent and interpret data using tally charts, tables, pictographs, line plots, and bar graphs.

4TH GRADE:

CCSS.ELA-LITERACY.RL.4.1

Make connections between the text of a story or drama and a visual or oral presentation of the text, identifying where each version reflects specific descriptions and directions in the text.

CCSS.MATH.CONTENT.4.MD.B.4

Translate information from one type of data and display to another.

YOU MAY ALSO FINDS STRONG MATCHES WITHIN YOUR STATE SCIENCE STANDARDS SUCH AS:

3RD GRADE PENNSYLVANIA SCIENCE STANDARD - 11.3.3.D

Classify foods by food group within the food guide pyramid including the serving size and nutrient function within the body.

4TH GRADE PENNSYLVANIA SCIENCE STANDARD - 3.1.4.A.8

Construct and interpret models and diagrams of various animal and plant life cycles.