



Unit 4 Sugar: Child Lesson

Hi boys and girls, it's Miss Shanita again.

Today we are going to talk about eating sweet treats.

When we eat sweet treats like candy or cookies, we sometimes feel energized or hyper after eating them. However, the energy does not last very long.

After the energy from the treat goes away, we sometimes have something called a sugar crash. A sugar crash makes us feel really tired or sometimes even grouchy just like the grouch from sesame street. We want to feel nice and balanced.

Sweet treats can make how we feel go up and down, up and down, up and down just like a seesaw. Too many sweet treats can make us feel sick or even make our head hurt. Instead of eating more of the sweet stuff, we should eat less of it. Can you help me count and decide which is more and which is less?

Two cookies or six cookies. Let's count together (counting). Two cookies are less and six cookies are more. We should eat less of the cookies. If you eat two cookies and are still hungry, you can ask for fruit, like grapes.

One scoop of ice cream or three scoops. One scoop of ice cream is less and three scoops are more. We should eat less of the ice cream scoops.

One lollipop or three lollipops. One lollipop is less and three lollipops are more. We should eat less of the lollipops.

One pop tart or two. One pop tart is less and two pop tarts are more. We should eat less of the pop tarts.

One pack of gummy snacks or two packs. One pack of gummies is less and two packs are more. We should eat less of the packs of gummy snacks.

A small cup of juice or a big cup of juice. We should drink the smaller cup of juice because it has less instead of the big cup that has more. If you drink a small cup of juice and are still thirsty, you can ask for water.

Thanks for doing all of that counting with me. Remember that we should eat less of sugary treats so that we can feel healthy and strong.

Until next time, see you later!