



For The Teacher

Middle Primary

Week 7

Title **Sugar, Glucose, Fructose...**

Theme **Nutrition**

Overview

Students will bring sample packets of processed foods to analyse the sugar content and become more aware of all the different types of sugars and their names used in processed foods.

Students will ascertain if these foods should be consumed regularly, occasionally or almost not at all and hopefully learn to make healthier choices for their daily food intake.

Time Required

50 minutes

Preparation

Ask students to bring an empty packet of a processed food item such as potato chips, biscuits, cereal, yoghurt, fruit juice, muesli bar, chocolate bar or any other snack food to class.

Background information and possible discussion points

The number of overweight Australian children aged between seven and 15 increased by a conservative figure of 60% between 1985 and 1997. Obesity in this age range increased by a factor of two in the same time period.

Many different types of sugar are found in packaged foods, including:

- sugar
- sucrose
- table sugar
- raw sugar
- brown sugar
- fructose
- corn syrup
- dextrose, glucose
- lactose
- sorbitol
- mannitol
- malitol
- xylitol
- molasses
- golden syrup
- maple syrup





The fact that there are so many different types of sugar can confuse consumers into believing that they are making healthier choices when in fact they are all just variations of sugar. The end product of all the different types of sugars is always glucose.

Too much sugar (glucose) in the diet over time causes unhealthy weight gain and the pancreas to be overworked, increasing the risk of developing Type 2 diabetes.

On completion of learning tasks propose the following question to your students:

With this new understanding about sugar, its different types and quantity, will you begin to read the ingredients list on packaged food and drink, so you can make healthier choices?

In order for the students to put into practice what they have learnt they could make a take home brochure with a magnet on the back to place on the fridge as a clear reminder to choose healthier food options.

Support materials and references

For Kids

- 1Seven article: [Healthy Snacks](#)
- 1Seven article: [Kitchen Clean-out Time](#)
- 1Seven article: [Think About Eating](#)
- 1Seven article: [Sneaky Snack Attacks](#)

For Teachers & Parents

- 1Seven article: [Time for Lunchbox Police](#)
- 1Seven article: [Fast Food Fast Tracks Obesity](#)
- 1Seven article: [What Are Your Kids Eating?](#)
- 1Seven article: [Soft Drinks & Sugar](#)
- 1Seven article: [What do Couch Potatoes Eat?](#)

Diabetes Australia

<http://www.diabetesvic.org.au/AboutDiabetes/tabid/64/Default.aspx>

Department of Education and Early Childhood Development

Article — Food Ideas for Home and School

<http://www.education.vic.gov.au/management/schooloperations/healthycanteen/foodideas/default.htm>

Thinking Strategies

Bloom's Taxonomy

Remember	Understand	Apply	Analyse	Create	Evaluate
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Gardner's Multiple Intelligences

Verbal/ Linguistic	Bodily/ Kinesthetic	Musical	Logical/ Mathematical	Interpersonal	Visual/Spatial	Intrapersonal	Naturalist
*			*			*	

Edward De Bono's Six Thinking Hats

White Hat Information	Red Hat Feelings	Black Hat Judgement	Yellow Hat Benefits	Blue Hat Thinking	Green Hat Creativity
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