K-2nd Grade Lesson: Sugar Sweetened Beverages

Warm Up:

- March in place for 30 seconds
- Do 10 jumping jacks
- Do 10 front kicks on each leg
- Do 10 arm circles with each arm

Activity: Jungle Power Stations

1. Cheetah Dash: Run as fast as you can in place or to and from a distance. Repeat for 60 seconds.
2. Gorilla Power Pod: To get strong like a gorilla, do 7 push ups, 5 jumping jacks, and 2 squats.
3. Kangaroo Explosion: Jump in place or to and from a distance. Repeat for 60 seconds.
4. Gazelle Endurance Challenge: Do 10 jumping jacks and then jog in place for 60 seconds without stopping.

Nutrition

- Although many foods have “natural” sugars in them, we consume a lot of foods with “added” sugars. Eating too much sugar can lead to weight gain, diabetes, and tooth decay.
- Soda is unhealthy because it has a lot of sugar, which can hurt your teeth. It can also make it harder to learn in school.
- Diet sodas are made with sugar substitutes but these drinks still have other ingredients, which are not healthy.
- Other unhealthy sugary drinks include sweet tea, lemonades, fruit juice that is not 100% juice, sports drinks, Vitamin Water, and other sweetened with sugar.
# K-2nd Grade Lesson: Sugar
Sweetened Beverages

## Healthy Food

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- **BEANS**
- **CHEESE**
- **CHICKEN**
- **FISH**
- **FRUITS**
- **YOGURT**
Candy and Sweets

Count how many sweets there are.
Reflection/Stretch: Answer the questions below and then do each stretch to 10 seconds.

1. Why is soda unhealthy?
________________________________________________________________________
________________________________________________________________________

2. Name a healthy drink.
________________________________________________________________________

- Stretch #1: Bring your right arm over to your left and stretch your right arm. Count to 10. Repeat with your left arm.
- Stretch #2: Reach both arms forward and hold. Count to 10.