ATTENTION: This lesson is prepared to be performed in your mother tongue. Short presentations and films incorporated in this lesson plan are mostly in Polish. They are supposed to serve as an example. The last film is in English.

LESSON PLAN

**Topic:**  ***Is sugar OK? Healthy lifestyle***

**Aims:**

**-** raise awareness of the amount of sugar in food and drinks, its influence on health;

- encourage students to take part in a challenge "Try to cut your sugar intake for a week or give up eating sugar for a week";

- promote healthy living;

- encourage children to incorporate physical activity into their daily routine.

**Age / level:** 9-10 year-olds

**Time**: 2 lessons (2×45 minutes)

**Procedure:**

**LESSON 1:**

**Lead in**:

The teacher shows students a film/song in which different internal organs (heart, liver, lungs) sing about health problems and lifestyle. This song is part of the campaign prepared by Polish Health Ministry.

https://www.youtube.com/watch?v=juEAccZaoJ0

https://www.facebook.com/jakdzialazdrowyczlowiek?fref=ts

Then the teacher asks students about how often they eat sweet things and if they know that it is harmful for their health.

**Part 1**

The students watch a short presentation on WHO and American Heart Foundation regulations about healthy sugar intake:

1) an average man shouldn't eat more than 36 grams (9 teaspoons) of sugar a day,

2) an average woman shouldn't eat more than 20 grams (5 teaspoons) of sugar a day,

3) an average child shouldn't eat more than 12 grams (3 teaspoons) of sugar a day.

You can read more at: <https://www.who.int/mediacentre/news/releases/2015/sugar-guideline/en>

In order to illustrate the situation the teacher gives examples of sugar content in popular food and drinks:

* popular cereal for children (Nestle) contain 2 teaspoons of sugar in one portion (30 grams),
* a bottle of popular fruit drink for children (called PYSIO) contains about 9 teaspoons of sugar per bottle,
* a muesli bar contains about 2 teaspoons of sugar,
* a bar of milk chocolate with nuts contains more than 9 teaspoons of sugar,
* a small pot of strawberry yoghurt contains more than 4 teaspoons of sugar,
* a glass of Pepsi/Coke - it's about 7 teaspoons of sugar.

**Part 2 - Watching a film**

Students watch two short films about sugar content in drinks and food with a commentary of two nutritionists (the films are in Polish; you may want to find similar films in your mother tongue):

<https://www.youtube.com/watch?v=i7jNNPugZyM>

<https://www.youtube.com/watch?v=CU4MSqbSeeI>

The teacher and students discuss the films.

**PART 3 AEROBICS**

1) The teachers plays any kind of music convenient for performing movements with the kids (walking, jumping, skipping, raising hands, stretching, bowing down, doing jumping jacks).

If looking for free music you can look at:

<http://www.freemusicpublicdomain.com/royalty-free-dance-trance-techno-music/>

and choose the type of music you would like to play.

2) Watching a film:

the students watch the film by the Learning Station:

https://www.youtube.com/watch?v=388Q44ReOWE

The teacher shows the movements and encourages the kids to join him/her.

**Final point: cooling down**

The teacher plays a piece of smooth, calm music in order to cool the kids down after gymnastics. You may use:

<http://www.freemusicpublicdomain.com/royalty-free-ethereal-sound-effects/>

The kids perform slow movements while breathing deeply.

Short discussion: Is exercising healthy? Is it fun? Can it help you overcome your "sweet tooth"?

**LESSON 2:**

**PROJECT PLAN:**

Students will make posters showing amount of sugar in common drinks and snacks.

Before the lesson: The teacher asks students to bring empty wrappings and containers of the food or drinks they have drunk or eaten (for example: empty Coke bottles, yoghurt pots, bar wrappers, etc.).

You need: some colourful cardboard sheets of paper, some hot glue or adhesive tape, empty bottles, chocolate bar wrappers, yoghurt pots, some bags of sugar, teaspoons, plastic zip bags.

The students are divided into small groups of four. Each group gets three empty containers. First, they check how much sugar the food/drink contains. Then the teacher helps to count how many teaspoons of sugar that is (1 teaspoon is about 4 grams of sugar). The students pour the right amount of sugar into the zip bags. Then stick the container to the cardboard and place the sugar bag below the container.

When they are ready, each group presents their results.

The teacher discusses the results with the kids and encourages them to limit their daily sugar intake. The kids may give their own examples of how they can limit sugar in their everyday lives.

**ENJOY! :)**