



# GARDEN-BASED HEALTH & WELLNESS CURRICULUM

FOR 3<sup>RD</sup> – 5<sup>TH</sup> GRADE



Lesson #3



# Lesson #3

water & sugar

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## MATERIALS

- Paper/pencil
- Optional: calculators for dividing, or checking division quotients
- Drawing paper
- Crayons/markers/colored pencils
- Teacher materials:
  - » Sugar shocker mix and match data and key

## CONTENT STANDARDS

### SCIENCE

- 5.1.1.e Collect and organize data
- 5.1.1.i Use appropriate mathematics in all aspects of scientific inquiry

## MATH

- 4.1.2.d Divide up to a four-digit whole number by a one-digit divisor with and without a remainder
- 4.1.2.h Determine the reasonableness of whole number products and quotients in real-world problems using estimation, compatible numbers, mental computations, or other strategies

## ELA

- 4.1.6.j Identify and apply knowledge of organizational patterns to comprehend informational text (e.g. Sequence, description, cause and effect, compare/contrast, fact/opinion)
- 4.2.2.a Communicate information and ideas effectively in analytic, descriptive, informative, narrative, poetic, persuasive, and reflective modes to multiple audiences using a variety of media and formats

## LESSON

### Objectives

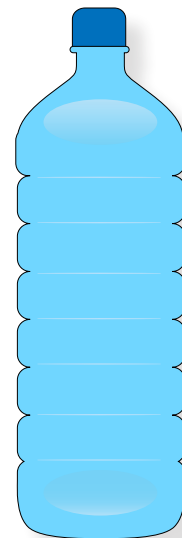
- The students will use estimation to predict healthiness of a set of beverages by reading nutrition labels, calculate actual sugar amounts in teaspoons using division skills, and determine healthy beverage choices based on calculations
- The students will create a poster or other presentation to persuade others to drink more water

### A+

- How long do you think a person can survive without water?
- How many cups of water do you think you drink in a day?
- How does that compare to other beverages you drink such as juice or sodas?

### Vocabulary

- Carbohydrate – an energy source found in many foods
- Sugar – sweet substance used to make foods sweeter
- Hydrate – to supply something or someone with water



## Modeled

Teacher: our body loses water each day through functions such as sweating, going to the bathroom, and even when you breathe. Our bodies lose water even faster when the weather is warmer, or if you are physically active. While other beverages contain water, they do not contain many nutrients and often have a lot of sugar added to them. Sugar is one kind of carbohydrate. Today we will look at some different beverages and determine which are the healthiest choices.

The teacher will model how to locate carbohydrates and sugar amounts on a nutrition label.

## Shared

Sugar Shocker Mix and Match: The students will use predicting skills to rank list of beverages from healthiest to unhealthiest based on amount of sugar each contains.

## Guided

Sugar Shocker Mix and Match: The students will use division to convert from grams to teaspoons (total sugar amount from nutrition label, divided by 4) to quantify amounts of sugar in a selection of beverages. The students will compare predictions to outcomes.

## Independent

The students will create persuasive poster or other presentation that could be used to convince others to drink more water, such as listing the benefits of water and the cons of consuming sugary beverages.

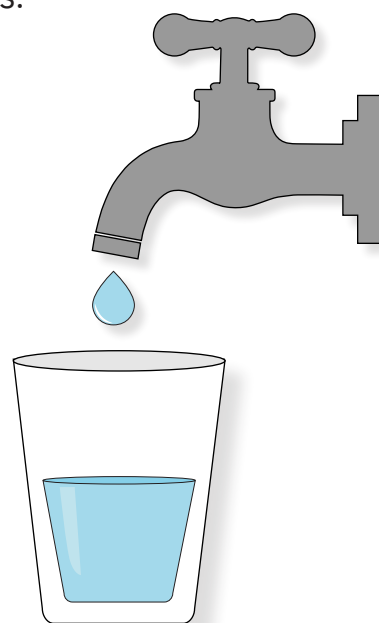
\*Optional: could be done in partners or small groups to provide peer support

## Summary

Students will present persuasive posters, taking turns in small groups of 3-5 students

## Home challenge

- Drink one 6-8 ounce glass of water before each meal for one day
- Challenge your family members to join you



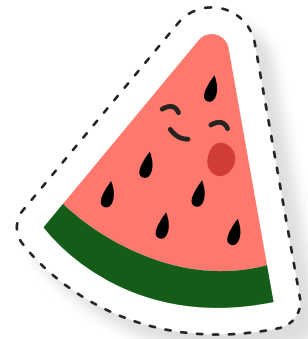
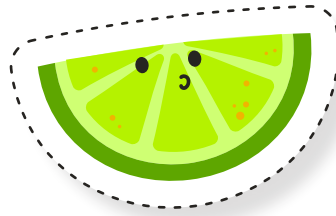
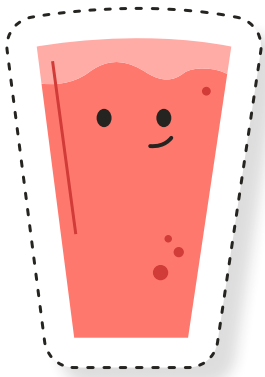
# WATERMELON-LIME AGUA FRESCA

## Ingredients

Drinking cups (1 per student)  
2 pounds seedless watermelon, cubed  
4 cups of water  
Juice of ½ lime  
Ice

## Instructions

- Put all ingredients except ice in blender until smooth
- Pour mixture through a strainer (optional) into a pitcher
- Chill at least 30 minutes
- Serve over ice in cups



# SUGAR SHOCKER MIX AND MATCH

Name: \_\_\_\_\_

There are 4 grams in each teaspoon.

RANK	BEVERAGE	SUGAR IN GRAMS	SUGAR IN TEASPOONS
	Fanta	45 g	
	Caprisun	14 g	
	Rockstar	31 g	
	Grape Juice	36 g	
	Gatorade	22 g	
	Lemonade	19 g	
	Sunny D	14 g	
	Orange Juice	24 g	
	Chocolate Milk	25 g	

## ABOUT THIS RESOURCE

This Garden-Based Health and Wellness curriculum and video series was funded by a grant from the Futuro Latino Fund, a grant program of the Omaha Community Foundation. Curriculum was designed by Octavia Butler, Gomez Heritage Elementary School. Accompanying videos created by Torchwerks. Graphics courtesy of freepik.com. Special thanks to Albert Varas, City Sprouts Board President, for his leadership on this project. For additional information, contact City Sprouts at [info@omahasprouts.org](mailto:info@omahasprouts.org).

This curriculum and accompanying videos are available at [omahasprouts.org/learn](http://omahasprouts.org/learn).

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