Unit 3 - Avoiding the sugar Rush: Sugar Smarts

Content Area: **Family and Consumer Sciences**
Course(s): **Fun with Food**
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Transfer

An important part of good health is limiting sugar intake. Excess sugar in the diet can lead to weight gain and dental caries and cause a lack of appetite for other foods that contain a higher nutrient content.

Enduring Understandings

Current and future personal wellness is dependent upon applying nutrition related concepts and skills in everyday lifestyle behaviors.

There are many short and long term health benefits and risks associated with nutritional choices.

Carbohydrates are good for you if you are careful about the types you choose and control portion sizes.

Following a recipe and proper measurement of ingredients is crucial to successful baking outcomes.

The art of cooking and baking combined with informed nutritional food choices sets the foundation for healthy living and wellness.

Essential Questions

How can home baking indulge creativity and improve health?

What are the consequences of our choices in terms of wellness?

How can appropriate portion sizes be determined?

How can sugar be part of a healthy diet and lifestyle?

How do cookies and other desserts factor into a nutritious and well balanced diet?

Content

Vocabulary

Simple carbohydrates

Sugar

Glucose

Insulin

Diabetes Mellitus

Hypoglycemia

Refined

Natural

Fructose

Sucrose

Lactose

Non-caloric sweetener

Cookie

Candy

Tradition

Learning Objectives

Explain the difference between simple carbohydrate sugars and complex carbohydrate starches.

Identify the different types of sugar

Explain why sugars are not the best nutritional choice for energy.

Evaluate the role excessive sugar can play in a variety of health issues.

Utilize food labels to evaluate personal sugar consumption.

Define and use sugar vocabulary, i.e. mono/di/poly saccharides, glucose.

Prepare a variety of foods while evaluating sugar content and sugar reduction techniques.

Critique how food & nutrition advertising and food trends can affect the healthfulness of consumer food choices.

Resources

Standards