



# KIDS IN NUTRITION

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# MESSAGE OF THE WEEK



WHY DID THE BOY SPRINKLE  
CHERRIES ON HIS PILLOW  
BEFORE HE WENT TO SLEEP?

SO HE COULD HAVE SWEET  
DREAMS.

DEAR PARENTS,

GREETINGS FROM KIDS IN NUTRITION! IN OUR WEEK 5 LESSON, STUDENTS WILL LEARN ABOUT SUGARS. SPECIFICALLY, STUDENTS WILL LEARN ABOUT ADDED SUGARS, NATURAL SUGARS, OUR BODY'S REACTION TO SUGARS, AND HOW TO READ SUGARS ON A LABEL. WE HOPE YOU ENJOY THIS WEEK'S CHALLENGE. HAVE A GREAT DAY!

WARMLY,

KIDS IN NUTRITION



# SUGARS



## WEEK 5

### Nutrition Curriculum



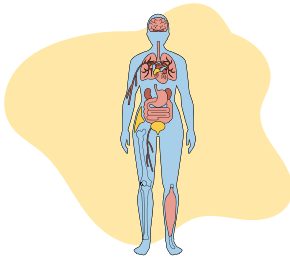
# Week 5: Key Points

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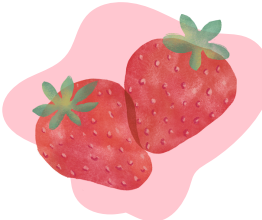
## 01 - Added Sugars

Added sugars are sugars that are processed by humans to the point where they don't have any vitamins or nutrients!



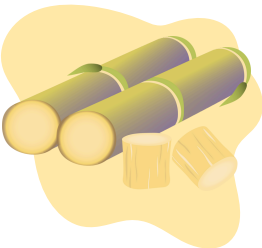
## 02- Sugar and Our Bodies

Our body can only handle so much added sugar. too much added sugar is not good for our health, so we need to remember to practice moderation!



## 03- Whole Fruits

Our body isn't made to eat a lot of sugar all at once, so it's important that the sugars you do eat come from foods that also have other healthy nutrients, such as the fiber in whole fruits.



## 04 - Natural Sugars

Natural sugars come from the earth and are good for your heart when we don't change it. We can get natural sugars from whole fruits such as watermelon, apple, melon, and berries!

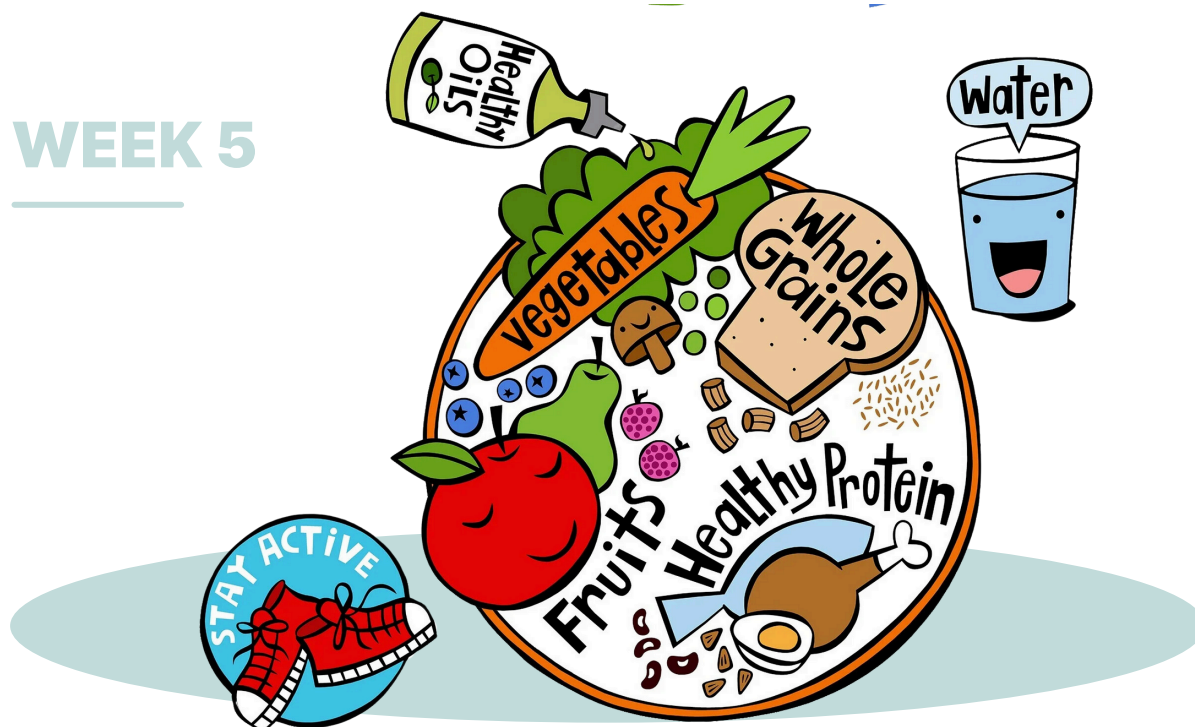


## 05 - Diabetes & Heart Disease

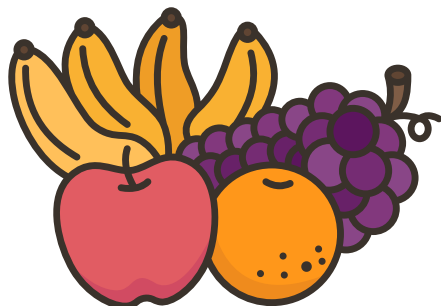
If you eat too much added sugar, this can lead to Type II diabetes and heart disease as we get older. We can prevent this by practicing moderation with the treats we enjoy and making dessert swaps that celebrate whole fruits.

# WEEKLY CHALLENGE

WEEK 5



Try three different types of fruits! You can get creative and add them to your breakfast (like in oatmeal), add them to your water, freeze them in yummy chunks, or just eat them whole!



## ITEMS NEEDED

- ▶ strawberries
- ▶ apples
- ▶ cane sugar
- ▶ grapes

## BONUS CHALLENGE

Start your day with a healthy breakfast containing no ADDED sugars this week!



## NO BAKE

# BREAKFAST BARS

**PREP TIME: 15 minutes**

**FREEZE TIME: 1 hour**

**SERVINGS: 12 bars**

### INGREDIENTS:

- 1/2 cup oats
- 1/4 cup semi-sweet chocolate chips
- 1/4 cup flax seed
- 1/4 cup nut butter
- 3 tablespoons honey
- 1/2 teaspoon vanilla
- 1/4 cup chopped dates



### INSTRUCTIONS:

1. Combine oats, chocolate chips, flax seeds, nut butter, honey, and vanilla in a mug
2. Roll the dough into 12 balls. Then freeze for an hour and enjoy!

**ESTIMATED COST: \$2.15 to \$3.30**





THANK YOU &  
SEE YOU  
NEXT WEEK!



KIN



See KIN's Nutrition Workbook for lesson worksheets, challenges, recipes, and more!

