

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Oral Health
Grade 6
Lesson 3

Lesson 3: Hidden Sugar Puzzle

Curriculum Expectations:

- Describe ways to keep teeth healthy
- Identify nutritious foods
- Identify critical content information on food labels (hidden sugar)
- Demonstrate awareness of health practices
- Explain the negative effects of poor nutrition on healthy teeth

Objectives:

Students will:

- Practice reading skills
- Learn healthy dental habits
- Learn how to look for hidden sugar in food labels

Suggested Outline

Section 1: Introduce Today's Lesson

Section 2: Discuss hidden sugar in food labels

Section 3: Hidden Sugar Puzzle activity sheet

Section 4: Conclusion

Section 1: Introduce Today's Lesson

You may think that many foods you eat don't have any sugar added, but if you look at the food label carefully, you may be surprised at what you're eating. This is important because sugary foods can be harmful to our teeth and gums.

Section 2: Discuss hidden sugar in food labels

Have students bring in a food label from home prior to the class. Ask the students if they think the product they brought in has added sugar. Ask the students to silently read the label's ingredients and to write down any word that ends in "ose". Sugars are often labelled sucrose, galactose, maltose, fructose, glucose, dextrose or maltodextrine. Other forms of sugars are syrups, honey and molasses.

Glucose: found in almost all foods with naturally occurring sugars

Sucrose: comes from refined sugar, table sugar

Galactose, lactose: found in milk

Fructose: found in fruits, vegetables and honey

Maltose: found in many plants, especially grains, starches



Dextrose: a variation of glucose, found in plants, fruit and honey

Some sugars not listed here are simply a combination of the ones listed above.

When sugar is combined with plaque in the mouth, it forms an acid. The acid washing over your teeth can cause tooth decay. It is always a good idea to avoid sugar-rich foods and to choose vegetables, fruit and make other healthy choices. It is not only good for your teeth, but also for the rest of your body.

Section 3: Hidden Sugar Puzzle activity sheet

Hand out the Hidden Sugar Puzzle activity sheet. Have the students search and circle all the items on the list. All items are either sugar, or have sugar added.

Section 4: Conclusion

Review the different forms of hidden sugar and the dangers of eating sugary foods.

