

La Familia / Casa y Campo Project Promotora Program



Nutrition Lesson # 1: Sugar...It's Not as Sweet as You Think!

By the end of the lesson, the participant will:

- Understand the health affects of a diet high in sugar
- Know how to identify foods that are lower in sugar

Materials for demonstration:

- Radio Nutrition: *Diabetes*
- Demonstration materials for sugar content (cereals, beverages, snacks)
- Laminated card with nutrition labels

Help the participant understand why it is important to choose foods that are low in sugar for her children (diabetes, cavities, and obesity):

Assessment:

- How are children's diets in the United States different from diets in Mexico?
- How can the food that your children eat affect their health now and in the future?

Activity:

Listen to Radio Nutrition segment: *Diabetes*.

Reflection:

- What did you learn about diabetes that you didn't know before?

Help the participant understand which types of food are high in sugar:

Assessment:

- What kind of cereal do your children like to eat?
- What is their favorite type of beverage?
- What is their favorite snack?

Activity:

Compare the tubes for cereal, beverages, and snacks. Allow the participant to note the difference between the green-labeled tubes and the red-labeled tubes.

- Which cereal and snack would be best for your child? Why?
- Which beverage would be best for your child at a fast food restaurant? At home?

Reflection:

- Why is it important to choose foods that are low in sugar for your child to eat?

Help the participant understand how to read a nutrition label to find foods low in sugar:

Assessment:

- How can you tell how much sugar a product contains?

Activity:

Show example of labels from cereal boxes (laminated card).

- How much sugar is in each serving? In each box?

Reflection:

- How are you going to try to reduce the amount of sugar in your child's diet?
- What could happen if you don't?