

**Title: We Are What We Drink**

**Subject Area/Grade Level/Instructional Focus:**

5<sup>th</sup> grade; Science; HE.5.B.3.5

**Vocabulary:**

Nutrient  
Nutrient Dense  
Empty Calorie  
Low Fat/Low sugar  
Food Labels  
Compare and Contrast

**Materials/Resources/Graphic Organizer:**

5 pound bag of sugar  
1 can diet soda and 1 can regular soda  
Various food labels for drinks – about 5 for each group  
Work Sheet

**Instruction Type(s):**

Guided Instruction

**Components:**

**Introduction:**

Talk about the expression you are what you eat and ask are we what we drink? Review importance of making wise and smart nutritional choices. Review vocabulary. Talk about sugar consumption in the United States. Talk about empty calories verses nutrient dense calories.

**Engage:**

Do sink or float experiment with diet and regular soda. Mark prediction on sheet.

**Explorer:**

How can we tell how sugar a beverage has? Show the drinks and have the individuals predict without looking at the food label what he thinks the sugar content is and mark it on the answer sheet. Then as a group compare the predictions. Then give each group a set of drinks and have them look at the label to determine the amount of sugar in each. After they have

discussed it within their groups, discuss it as a class. See if there were any surprises.

**Conclusion:**

Explain the importance of reading the label and making informed decisions for ourselves and others.