You can create your own resources, videos and games at:

http://www.opensign.eu

Thematic video: Sugar

*Age :* ***9 to 12 years***

*Creators: Media’Pi*  
*Watch our thematic video at:* <http://opensign.eu/thematic_topics/56>

*Competences:*

* *Know the different types of natural or refined (added) sugars present in our diet and the conséquences of our consumption choices*
* *Limit personal sugar intake based on body needs*
* *Be vigilant and adopt a critical attitude towards industrial products and label reading*

*European Key Competences :*

[https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=uriserv%3AOJ.C\_.2018.189.01.0001.01.ENG&toc=OJ%3AC%3A2018%3A189%3ATOC](https://eur-lex.europa.eu/legal-content/EN/TXT/?uri=uriserv%253AOJ.C_.2018.189.01.0001.01.ENG&toc=OJ%253AC%253A2018%253A189%253ATOC)

*Formative Evaluation :*

*- Be able to differentiate hidden sugars into 2 categories: natural or refined*

* *Be able to link industrial products with the amount of refined sugars they contain such as soda cans or tomato sauce*
* *Be able to count the total amount of refined sugars in one’s own diet and compare it to the daily quantity sufficient to our needs.*

*Summative evaluation:*

*Read labels of industrial products and adopt a healthy diet commensurate with their needs.*

*Specific vocabulary/keywords*

* *natural sugar/ refined sugar/ processed foods/ industrial products/ daily requirements*

*Lesson outline*

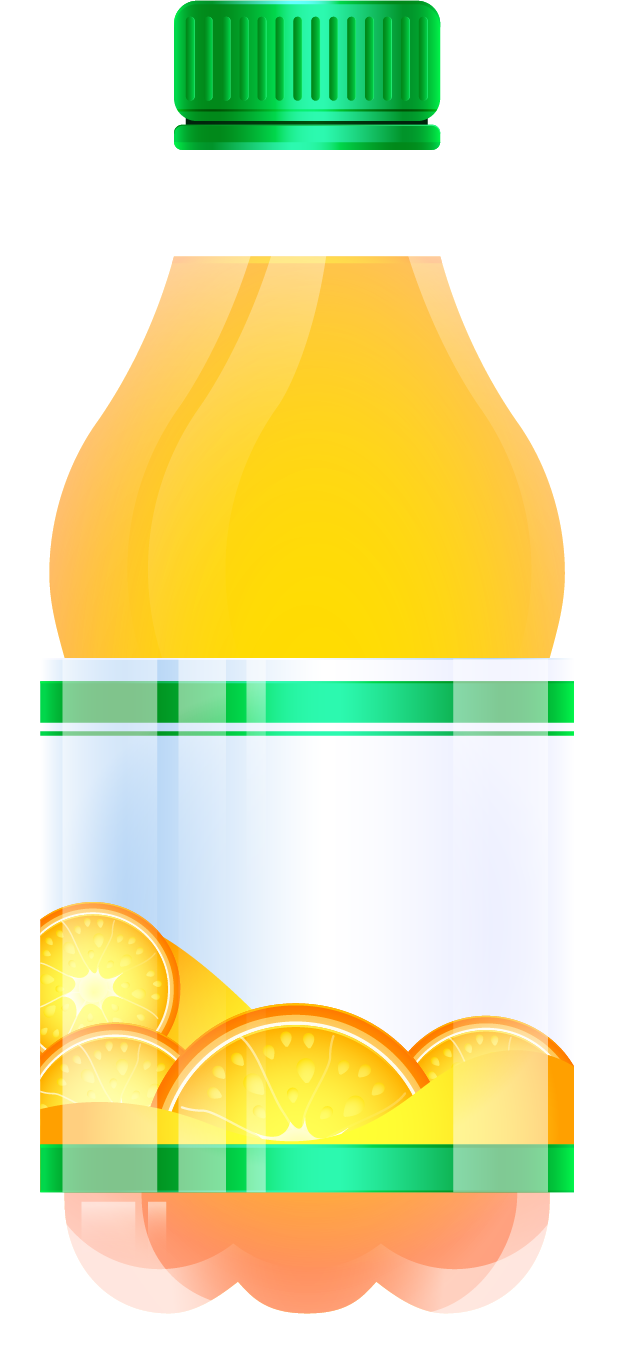
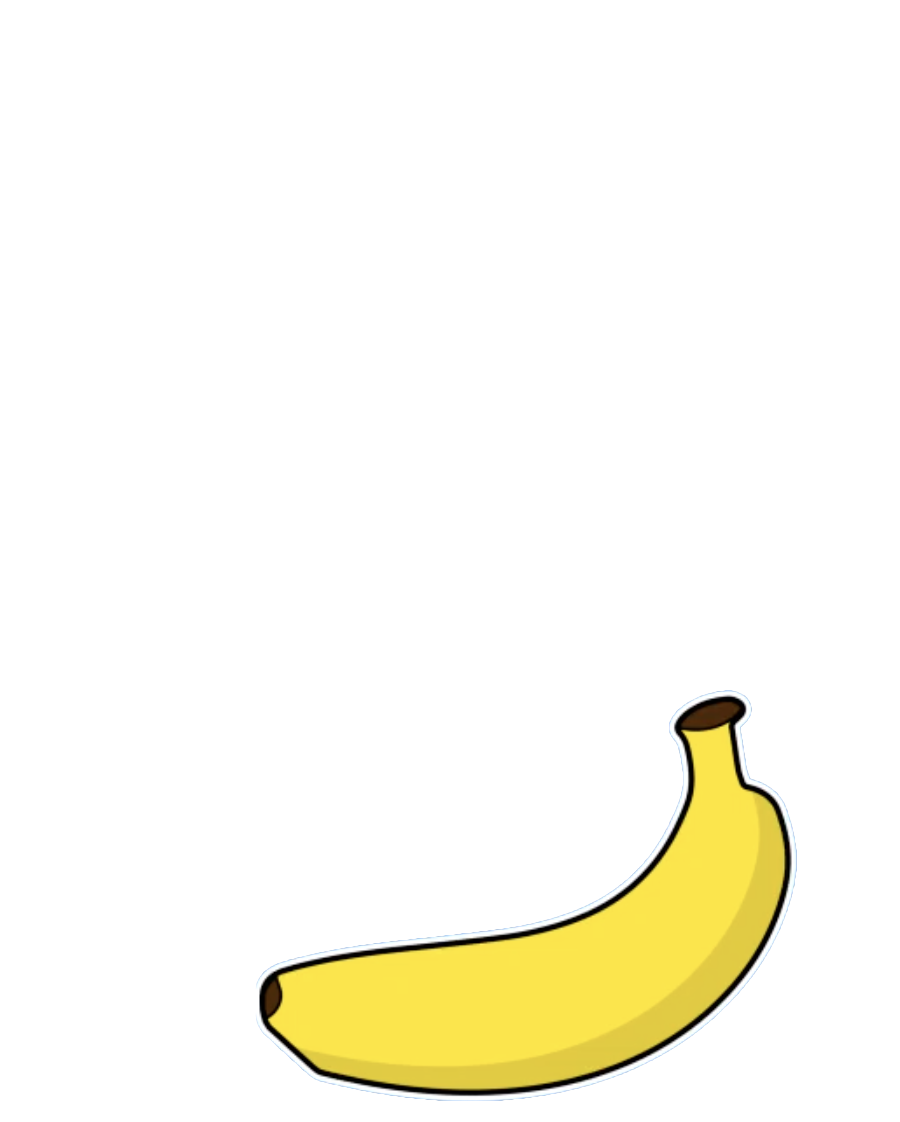
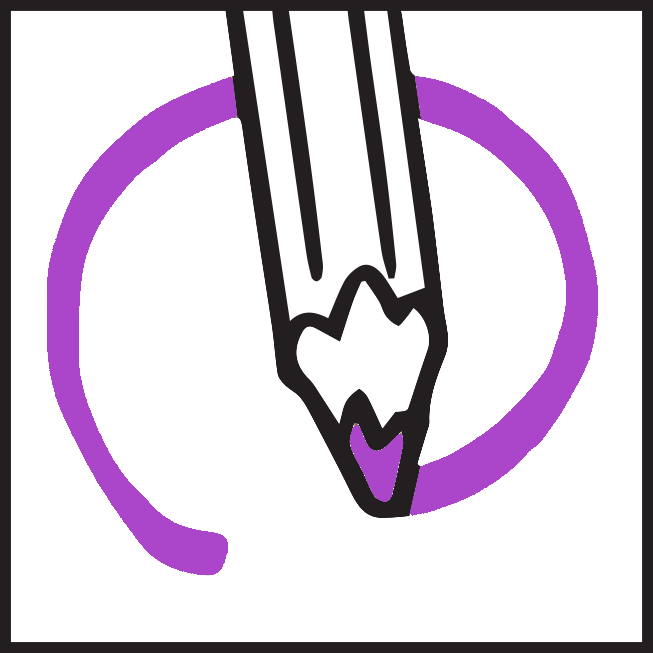
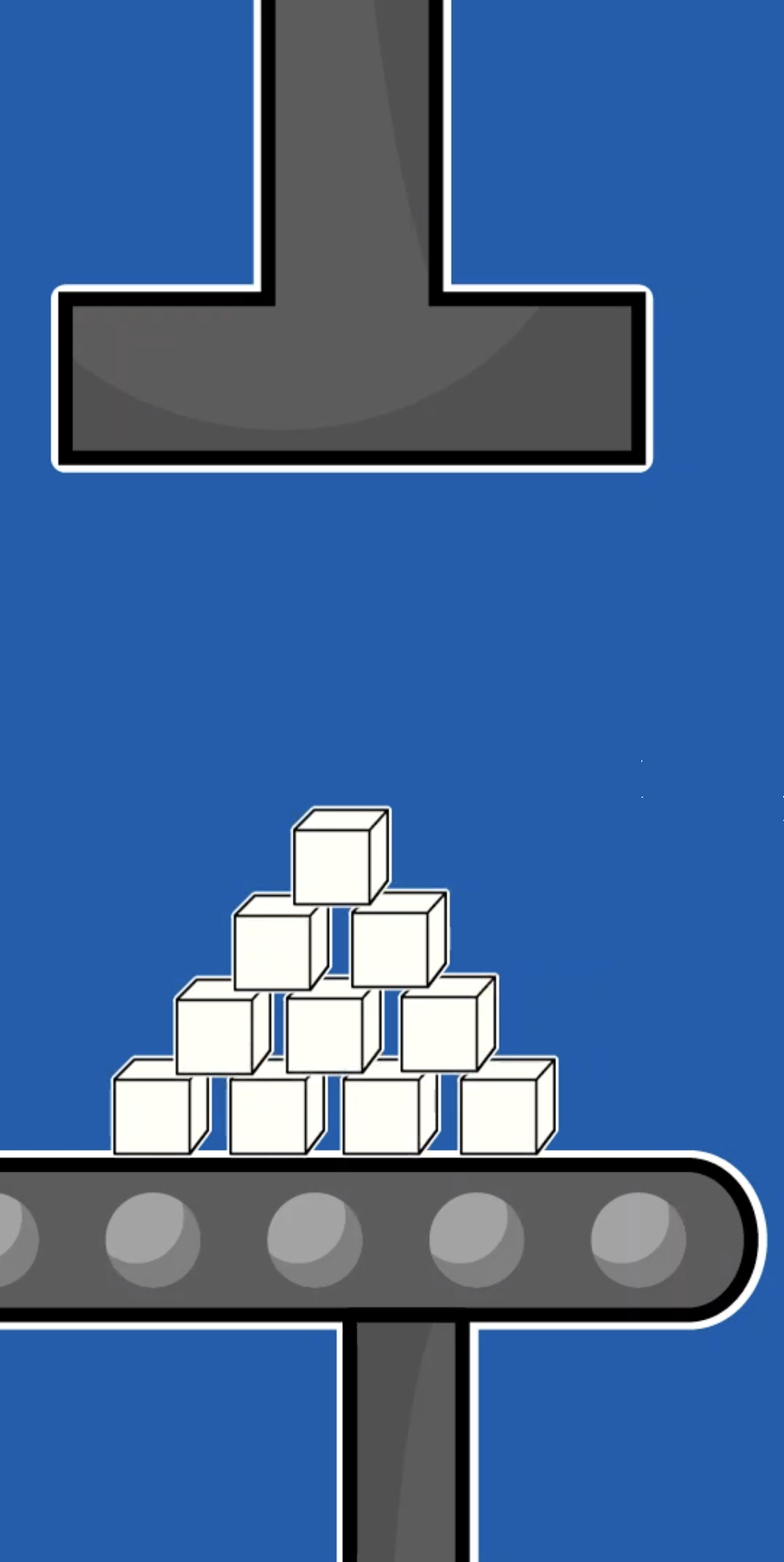
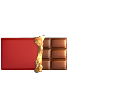
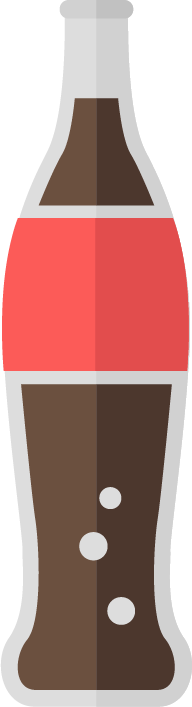
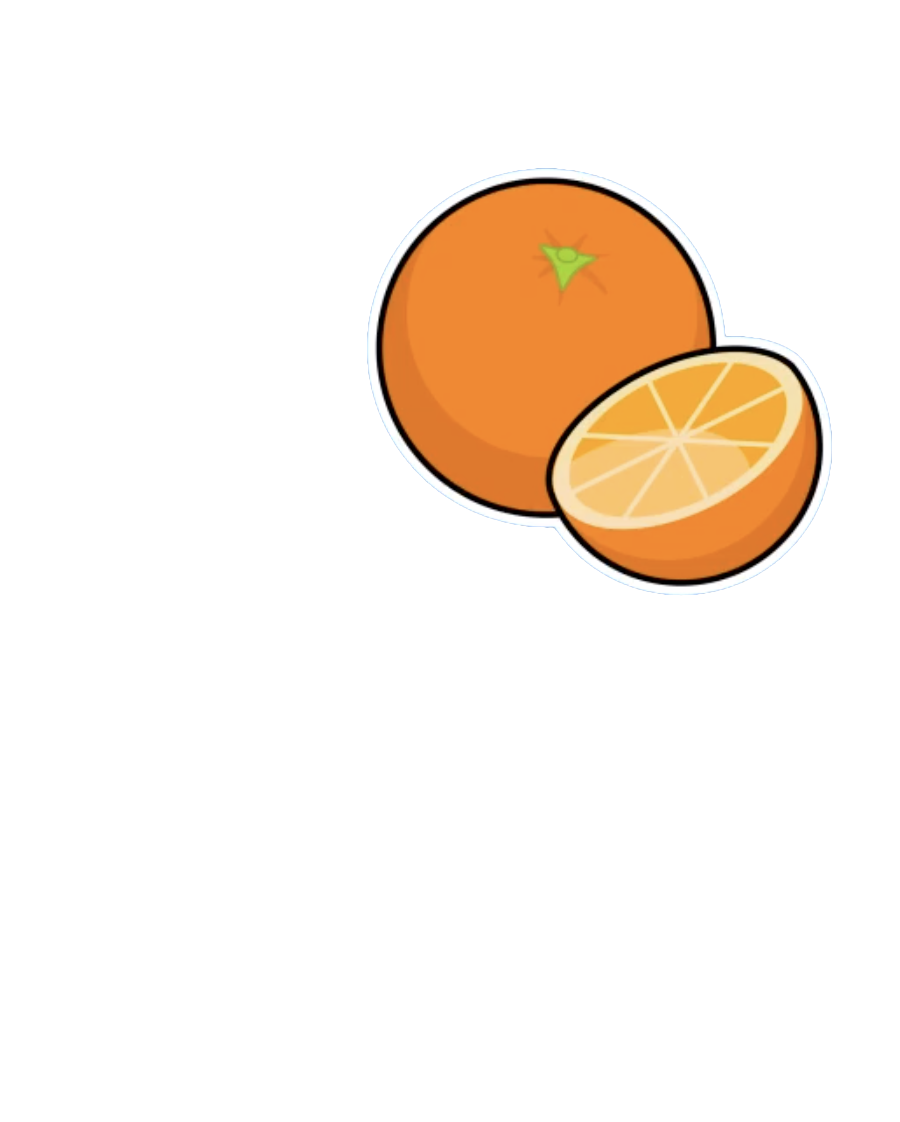
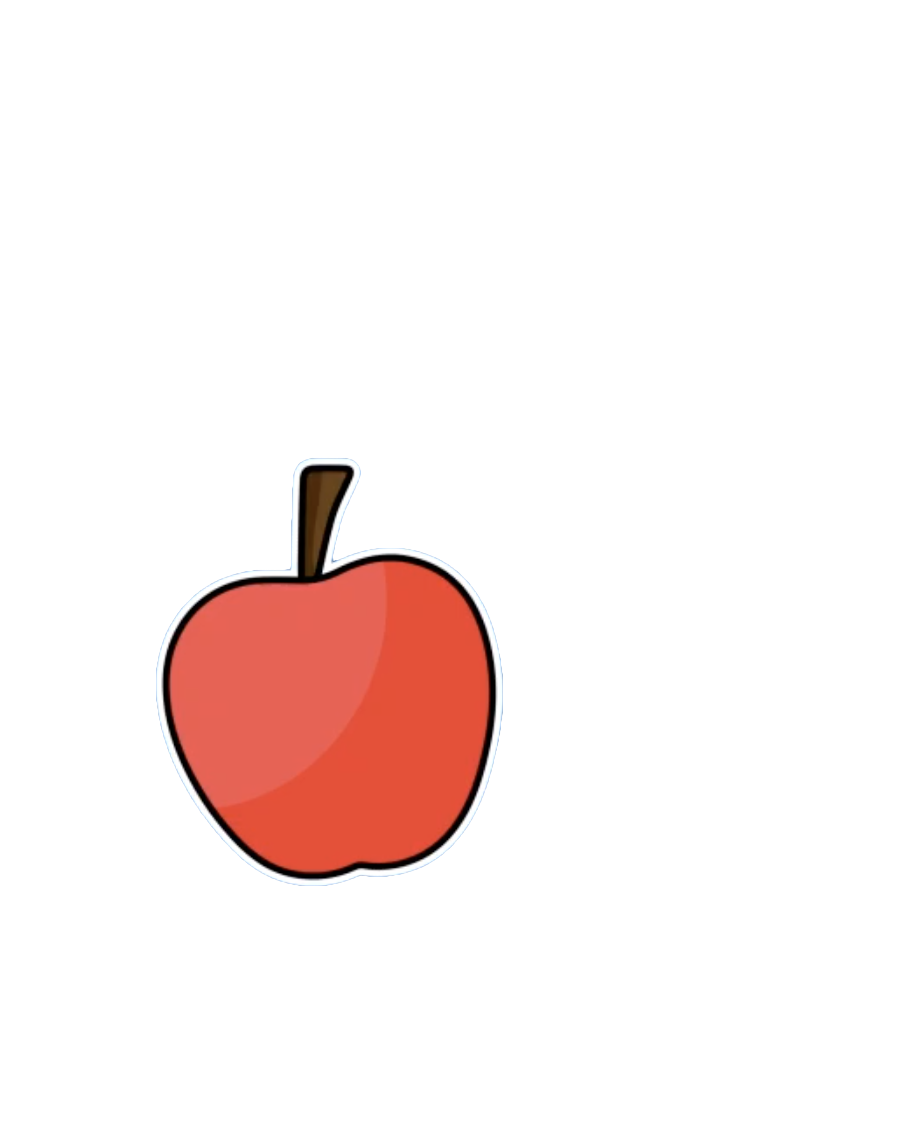
*Present a package of powdered sugar and a package of sugar in cubes*

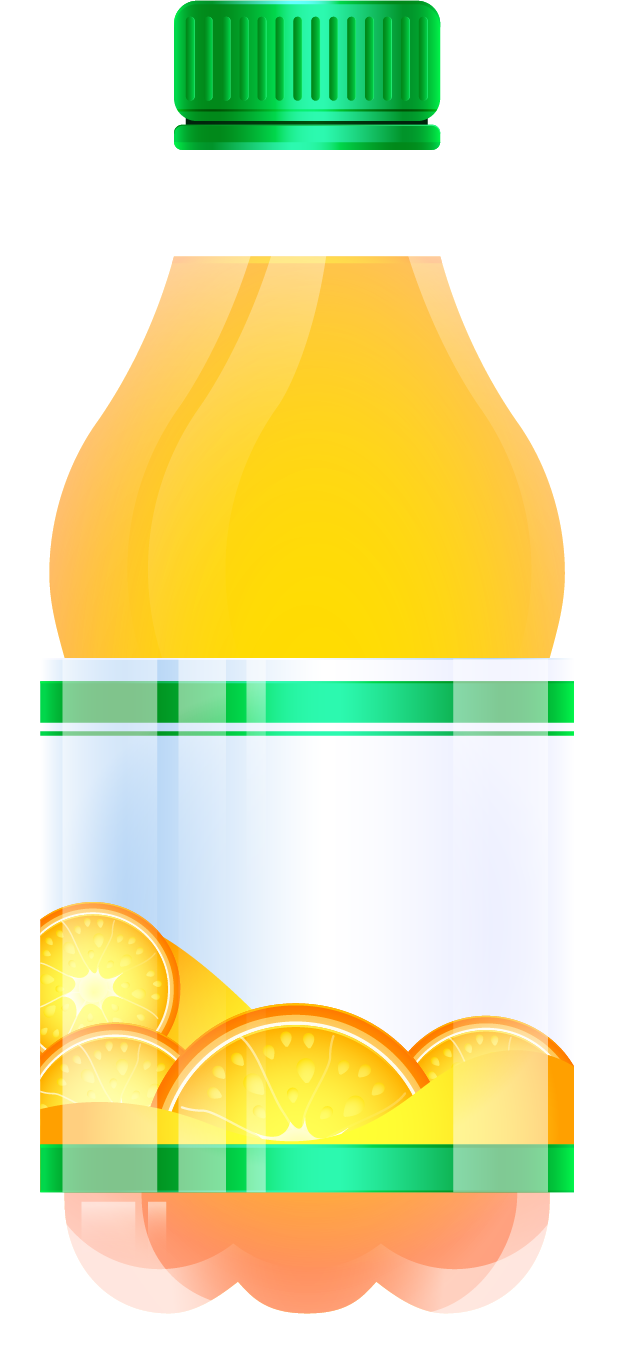
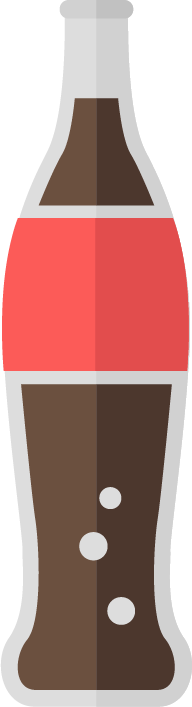
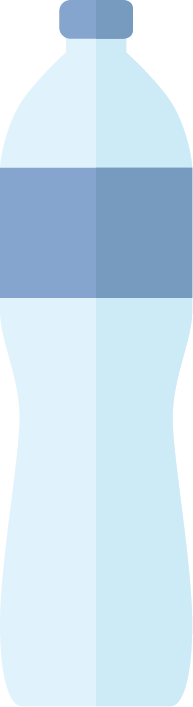
*Define sugar. Present a package of sweets, fruits, vegetables, tomato sauce and other industrial products. Which ones contain sugar?*

*Resources required : computer, video projector, examples of waste and packaging*

*Focus on sign language: Watch our video about Sugar at:* <http://opensign.eu/thematic_topics/56> *and discuss*

1. Exercises, games and evaluation

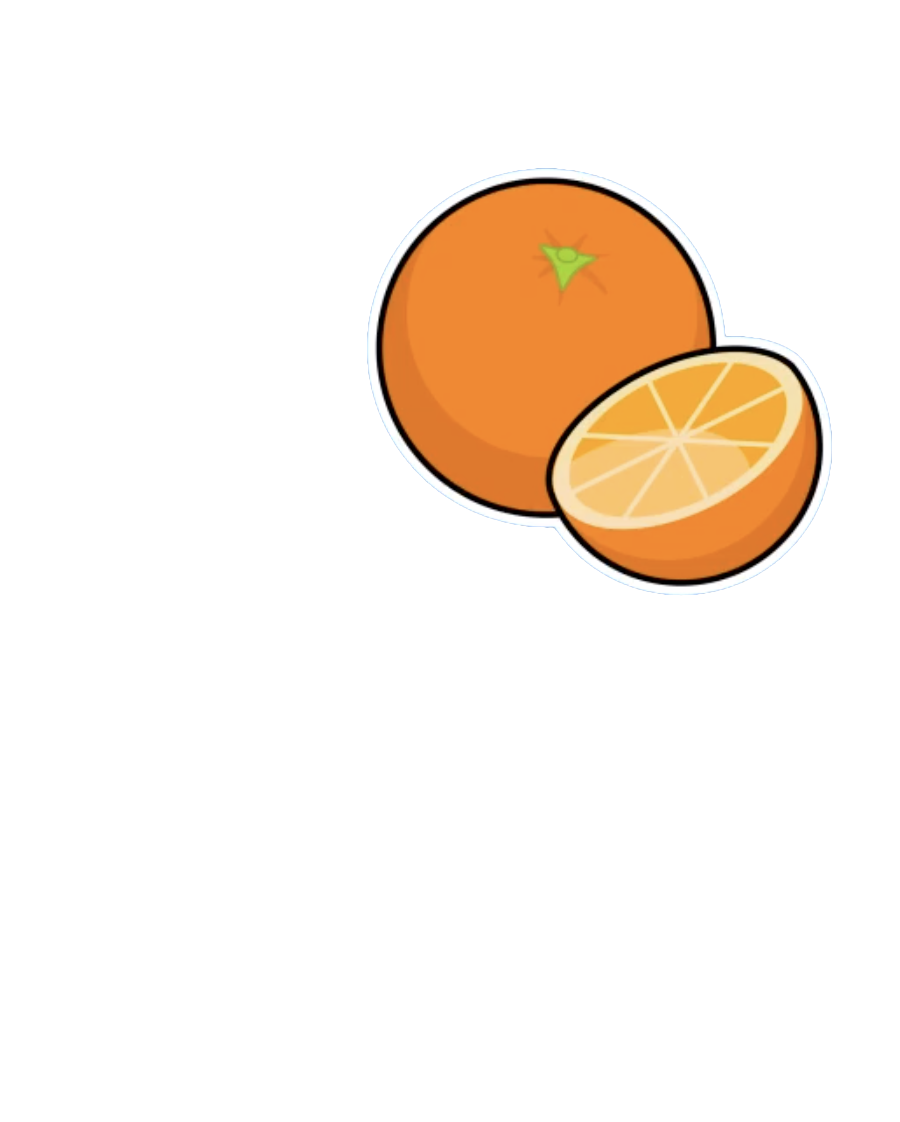
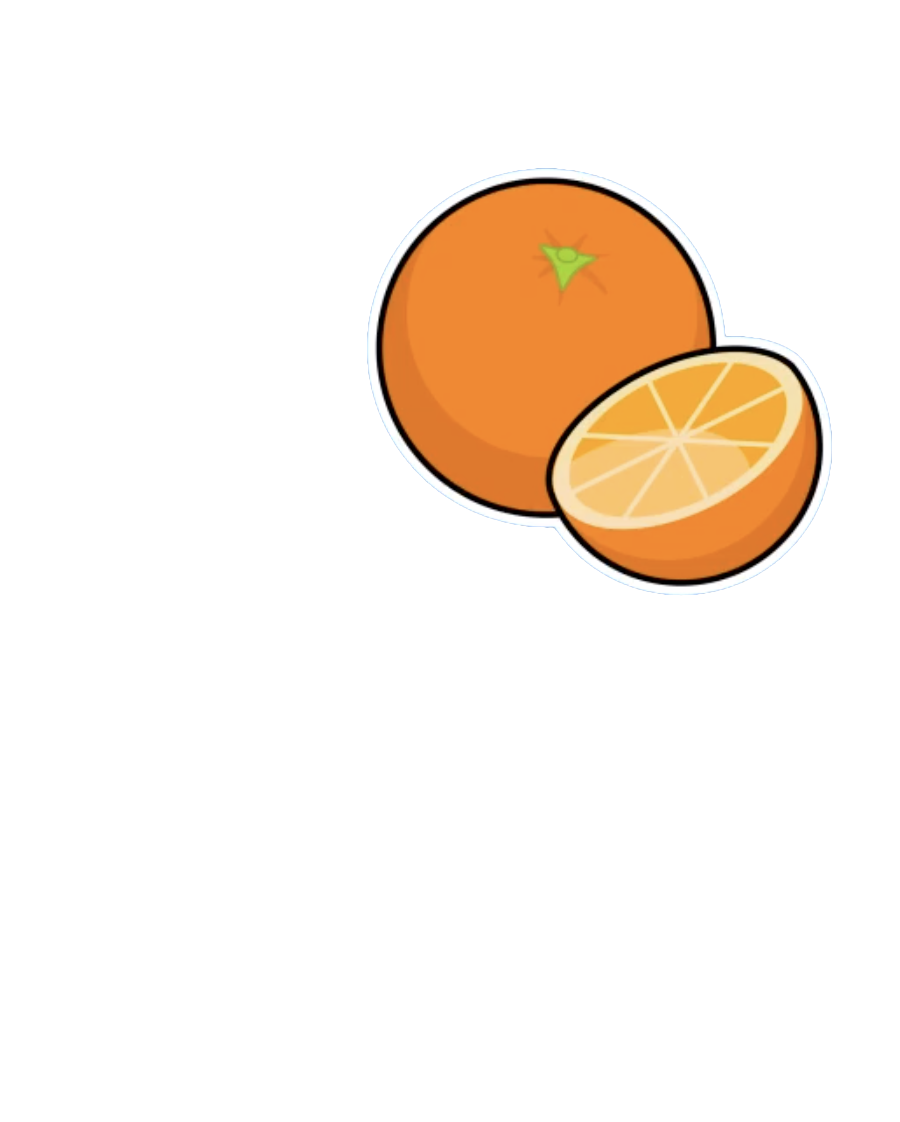
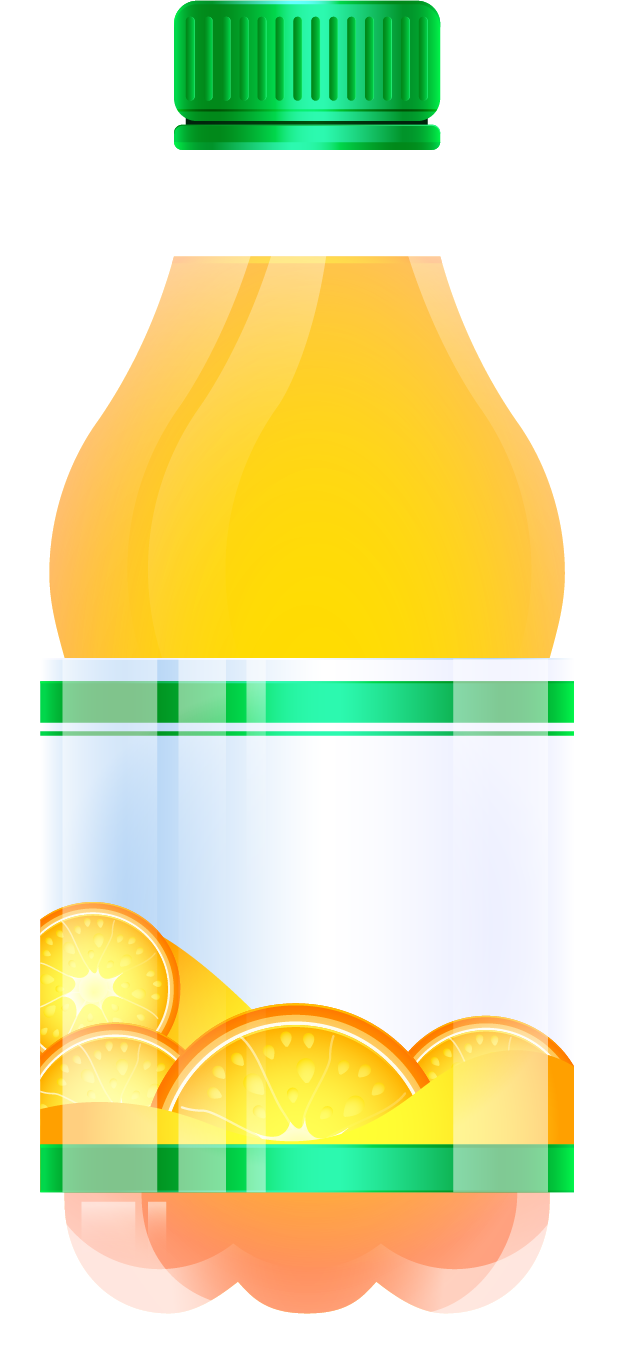
1- Circle in green the products that contain natural sugar, in purple the products with industrial sugar.sucette rondeFichier 1@4x.png

2. Colour the number of sugars in each food:

3.

|  | **100 %** |
| --- | --- |
|  |  |

|  | **80 %** |
| --- | --- |
|  | ? |



Explain the difference between these two bottles of juice

How can I be sure?

1. Extend / Enrichment / Prolongation Web links with others digital tools:

1. Understanding the evolution of human food:

<https://www.1jour1actu.com/info-animee/alimentation/>

2. How is cane sugar made? :

<https://www.youtube.com/watch?v=f16TnqmfS0w>

3. How does one make sugar from beetroot - a documentary:

<https://youtu.be/zAzLW9R5R7Y>

4. How to have a balanced diet

<https://www.youtube.com/watch?v=YimuIdEZSNY>

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