



FOURTH GRADE
LESSON: Carbohydrates
SC STANDARD: 4.NSBT.4



It's your world.

LOCAL FOOD

OBJECTIVES:

- Teach students what a carb is and why it is important for your body
- Understand the difference between different types of carbs
- Explain how to find carbs on the food label

LET'S GET STARTED! (10 MINUTES):

- Define what a carbohydrate, or carb, is and what it does for your body
- Explain that there are a lot of foods that have carbs in them
- Discuss sugar and how it is added to certain foods to create high fructose corn syrup
- Show how to find carbohydrates on the food label

ACTIVITY (15 MINUTES):

- Students will count by tens in order to reach the amount of carbs you should have per day
- They will have to pick foods for breakfast, lunch, and dinner that will equal 130 carbs

WRAPPING UP (5 MINUTES):

- Review what a carb is and what it does for the body
- Hand out Boss' Backpack Bulletin with the weekly goal

SC STANDARDS:

- 4.NSBT.4 Fluently add and subtract multi-digit whole numbers using strategies to include a standard algorithm.

MATERIALS:

- Counting by Tens with Boss worksheet
- Food Label sheet
- Boss' Backpack Bulletin
- Pencils

LET'S GET STARTED!

- Begin by asking if anyone has ever heard of a carbohydrate.
- Explain that the word "carb" is short for the word carbohydrate, and define what it is and what it does in the body.

DIALOGUE BOX

- Has anyone ever heard of something called a carbohydrate, or a carb?
- Well, the word "carb" is just a short way of saying carbohydrate. Carbohydrates are a certain type of nutrient that is found in our food, giving us energy and other things we need to stay healthy.
- The two main forms of carbs are sugars, like those that are found in fruits, processed foods, and milk, and then starches, like rice, grains, breads, and some vegetables.
- When you eat carbs, your body mostly converts them into sugars, which are then absorbed into your blood.
- When the sugars go through your blood, they are used as sources of energy for your body and brain and help you function properly during the day!
- Later in the lesson, we will also talk about how sometimes these types of sugars can be altered and added to your food, making them less healthy for you and your body!
- Ask if students have any questions and begin explaining that carbs are found in most foods whether it be bread, fruit, vegetables, or cereal
- Discuss that there are certain processed foods that have added sugar, which is a type of carb. Also explain how sugars can be converted to high fructose corn syrup, and how to find carbs on the food label

DIALOGUE BOX

- There are many foods that have carbs that can come in the form of starches, like cereal, bagels, bread, grains, and others. Sugars can be natural sugars from foods like fruit and milk, or they can be added sugars, which are not as healthy and come in the form of processed foods, like cookies, cheese crackers, soda, and fruit gummies.
- This added sugar is something you want to stay away from as much as possible, and most of the time, it is called "high fructose corn syrup." This is not a processed form of sugar and your body has a harder time breaking it down than sugar in its natural form.
- The good news is that these sugars are easy to detect on the food label in the ingredients section. If the food has high fructose corn syrup it, then one of the ingredients on the package will say "high fructose corn syrup," so watch out for this ingredient when you eat certain processed foods that come in boxes or bags!

- When you are looking for carbs on the food label, look for the word “carbohydrate” and there will be a number beside it. This number will tell you how many carbs are in that specific food (use Food Label sheet).
- You need around 130 carbs per day, so keep that in mind when you decide what to eat for breakfast, lunch, and dinner!

ACTIVITY

- Each student will work individually on the worksheet
- They will count by tens and try to pick foods for breakfast, lunch, and dinner that will equal 130 carbs

DIALOGUE BOX

- This activity is going to test how well you all can count by tens!
- If you all remember from today’s lesson, you need around 130 carbs per day so that your body stays healthy and energized! You are going to pick out foods from the list at the top of the worksheet for breakfast, lunch, and dinner that will equal 130 carbs!
- That may sound like a big number to count, but if you count by tens, then you can do it to 130 with no problem!
- If at any point you need help, you can ask for my hand and I can help walk you through it!
- Once the students have finished their worksheet, ask if anyone would like to share some of the foods they picked out for their breakfast, lunch, or dinner and if they reached their goal of 130 carbs!
- Ask if anyone has any questions about the worksheet before moving on

WRAPPING UP

- Review what a carbohydrate, or a carb, is and the two types of carbs, sugar and starch, and offer some examples
- Remind them where they can find carbs on a food label and that they should stay away from high fructose corn syrup as much as possible
- Pass out Boss’ Backpack Bulletin with their weekly goal

DIALOGUE BOX

- Remember, a carb is just the shorter name for a carbohydrate, and it is a nutrient that gives you energy and helps you function properly!
- There are two types: sugar, which can be found in fruits, milk, and processed foods like fruit gummies, and then starches

can be found in bread, rice, oatmeal, and potatoes.

- Don’t forget you need about 130 carbs every day, and you can find the amount of carbs in food on the food label beside the word “carbohydrates.”
- Also remember to stay away from foods that have high fructose corn syrup as much as possible because your body has a hard time functioning correctly when you eat foods that have that type of sugar in it!
- You can find if a food has high fructose corn syrup in it by reading the food label under the ingredients section!
- This week, Boss’ Backpack Bulletin is going to have 6 pots where you are going to draw a picture of food you eat this week and there will be a line at the bottom where you can write how many carbs are in that food!

BOSS’ FUN FACT

High fructose corn syrup can be found in the ingredients section of the food label, but sometimes it can be called by another name. Other names for high fructose corn syrup are corn



FOOD LABEL

Nutrition Facts	
Serving Size 2 Crackers (14g)	
Serving Per Container 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	2%

Carbohydrates
(Carbs)

COUNTING BY TENS WITH BOSS

Apple
20 Carbs

Rice
20 Carbs

Toast
30 Carbs

Banana
30 Carbs

Potatoes
20 Carbs

Broccoli
10 Carbs

Waffles
30 Carbs

Soda
50 Carbs

Milk
10 carbs

Pretzels
20 carbs

Orange
20 Carbs

Corn
20 Carbs

Carrots
10 Carbs

Beans
10 Carbs

Yogurt
20 Carbs

Pasta
40 Carbs

Design a breakfast, lunch, and dinner using some of the foods at the top and try to get your carbs for the day to equal 130! Count by tens to reach that number!

Breakfast

Lunch

Dinner

Total Number of Carbs for the Day: _____

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal for this week is to pick out 6 foods that you ate, draw a picture of each food, and then write down the amount of carbs that are in that food! Remember, you can find the amount of carbs in a food on the food label!



Food 1

Total Carbs _____

Food 2

Total Carbs _____

Food 3

Total Carbs _____

Food 4

Total Carbs _____

Food 5

Total Carbs _____

Food 6

Total Carbs _____