



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

STORY (15 MINUTES):

- Students will listen to the story about Boss learning about carbs; as he finds out what they are, how they effect your body, and what types of foods they can be found in Students will count by tens in order to reach the amount of carbs you should have per day

WRAPPING UP (5 MINUTES):

- Review what a carb is and what it does for the body

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!

STORY

- Read the story about Boss’ friends teaching him about carbs, and how they effect your body

WRAPPING UP

- Review what a carbohydrate, or a carb, is and the two types of carbs, sugar and starches, and offer some examples
- Remind them where they can find carbs on the food label and that they should stay away from high fructose corn syrup as much as they can

DIALOGUE BOX

- Remember, a carb is just the shortened name for a carbohydrate, and it is a nutrient in foods that gives you energy and helps your body function properly!
- There are two types: sugar, which can come in fruits, milk, and processed foods like cookies and fruit gummies, and then starches, which 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 syrup, fruit fructose, glucose syrup, maize syrup, or glucose/fructose syrup! So watch out for all of these names when you look at the ingredients of certain foods!



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)

Boss Learns about Carbs Before the Big Game

Boss and his friends love sports, and they are usually on the same teams together when they play for school! They play everything from basketball to soccer. On a Friday afternoon in November, Boss and his buddies were getting ready for one of their school basketball games that they would be playing in. Since the games are at night, they usually all try to go eat somewhere before the game. But today, they decided to cook at someone's house for the pre game meal instead of going out to eat. The meal was at Boss' friend Teddy's house and his parents decided to make some baked potatoes, chicken, and broccoli for everyone. Boss' friend said, "I can't wait to have the baked potato! Potatoes are my favorite, especially before games. This is a good time to carb up before the game!" Boss was curiously listening to his friend when he asked, "What do you mean by carbing up before the game?" Boss friend replied, "Well carbing up means that you get foods that have carbs in them so that you have energy and are ready for the game!" Boss asked, "What exactly are carbs? I have heard my mom talk about them before, but I have never been sure as to what they are?" Another one of Boss' friends, Sally began saying, "Well carbs is short for the word carbohydrate. Carbohydrates can be found in starchy foods, like potatoes, bread, and pasta. Eating too many carbs can be quite unhealthy and may even make you gain some weight, but you need some carbs in your diet to stay healthiest! Carbs help by giving you energy, which is why they are perfect to have before games! Almost everything has carbs in it though; the broccoli we eat also has carbs in it, just not as much as bread or pasta would have! Fruits even have some carbs in them too! The fruit and vegetables carbs are a lot healthier than the carbs that come in processed foods, like chips or bagels." When it was time to eat, Boss and his buddies went straight to the food and filled their plates completely! There was grilled chicken, roasted broccoli, and plain baked potatoes! Boss loved all of it, but his favorite thing was the roasted broccoli! Boss said, "I feel ready for the game after that great meal! Not only will the carbs help energize me during the game, but the chicken, broccoli, and potatoes are also really healthy! I already can't wait to carb up for the next game!" Boss' friend Teddy added, "There are also many other foods you can eat before a game or before you exercise that have healthy carbs in them and will give you the boost of energy you need! Foods like sweet potatoes, watermelon, apples, grapes, carrots, among many others! Just remember, having too many carbs throughout the day could cause weight gain and throw your body systems off. To prevent this from happening, just make sure the carbs you are eating are coming from good, healthy foods, like the fruits and vegetables I mentioned earlier, rather than foods like bread, pasta, and chips. It is okay to have these things every once in a while, but you should not eat them at every meal because your body cannot function properly and run off of just carbs!" Boss said, "Okay! I am going to try and eat the healthy carbs throughout the day then! I want to stay as healthy as possible! Thank you for teaching me about carbs and the differences between good carbs and bad carbs! I am definitely going to remember everything you have taught me!"