

KIDS IN NUTRITION



NUTRITION CURRICULUM





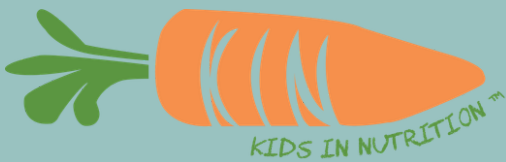
MESSAGE OF THE WEEK

Dear Parents,

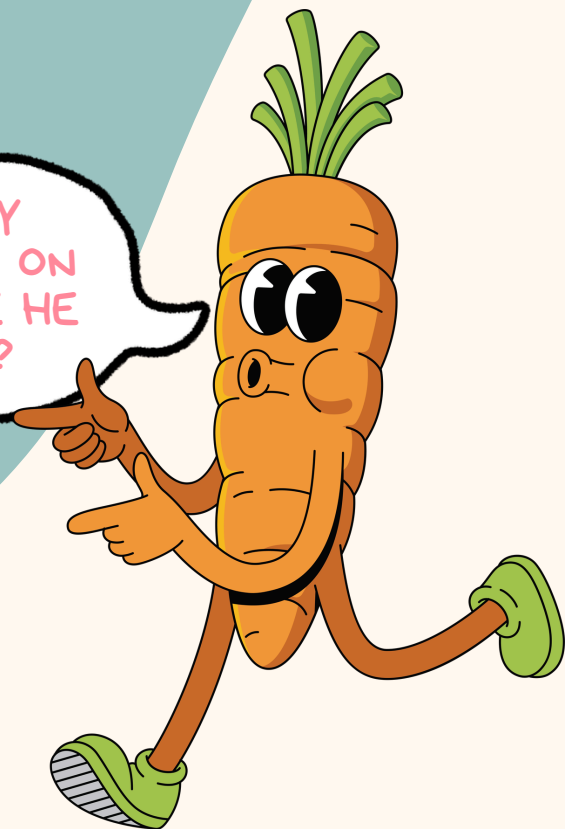
Greetings! Kids In Nutrition (KIN) is back for another week to teach your child about nutrition. We hope your child brought home something they learned.

Lesson 5 Sugars: Students will learn the difference between added and natural sugars, explore how sugar impacts your energy levels, and practice reading nutrition labels to spot added sugars in different foods. We hope you enjoy this week's challenge! Thank you and we will see you next week!

Warmly,
Kids In Nutrition



WHY DID THE BOY
SPRINKLE CHERRIES ON
HIS PILLOW BEFORE HE
WENT TO SLEEP?



Joke Answer: So he could
have sweet dreams!

LESSON 5: SUGARS



Kids In Nutrition

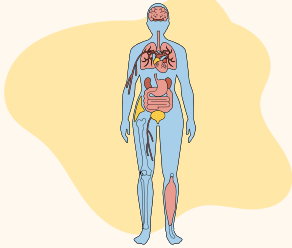


LESSON 5: KEY POINTS



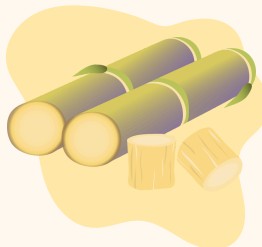
1) Added Sugars

Added sugars are **sweeteners added to foods and drinks**. Eating too much can add extra calories without giving your body the nutrients it needs.



2) Our Bodies and Sugar

Eating too much added sugar can cause blood sugar spikes and increase your risk of chronic diseases. That's why it's important to **enjoy sweet foods in moderation**.



3) Natural Sugars

Natural sugars are sugars that **occur naturally in whole foods**, such as fruits. Examples include sweet fruits like watermelon, apples, melons, and berries.



4) Whole Fruits

Fiber helps the body process sugar more steadily. Whole fruits provide **longer-lasting energy** because their natural sugars come packaged with fiber and nutrients.



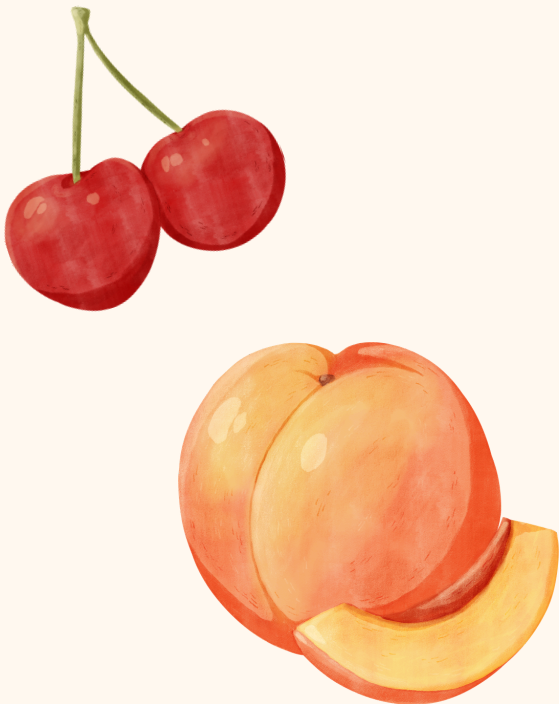
5) Diabetes & Heart Disease

Eating too much added sugar over time can increase the risk of Type 2 diabetes and heart disease. We can help prevent this by enjoying sweet treats in moderation and **choosing naturally sweet foods like whole fruits**.

WEEKLY CHALLENGE

LESSON 5

Eat 3 different types of fruit! You can add them to your breakfast, freeze them and put them in smoothies, or just eat them whole!



BONUS CHALLENGE

Start your day with a healthy breakfast containing no ADDED sugars this week!



LESSON 5 RECIPE

NO BAKE BREAKFAST BARS



PREP TIME: 15 minutes

FREEZE TIME: 1 hour

SERVINGS: 12 bars

INGREDIENTS:

- 1/2 cup oats
- 1/4 cup flax seed
- 1/4 cup nut butter
- 3 tablespoons honey
- 1/2 teaspoon vanilla
- 1/4 cup chopped dates

INSTRUCTIONS:

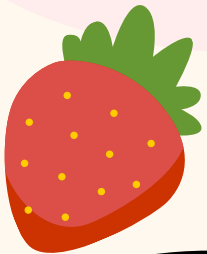
1. Combine oats, flax seeds, nut butter, chopped dates, honey, & vanilla.
2. Roll the dough into 12 balls. Then freeze for an hour and enjoy!



ESTIMATED COST: \$2.15 to \$3.30

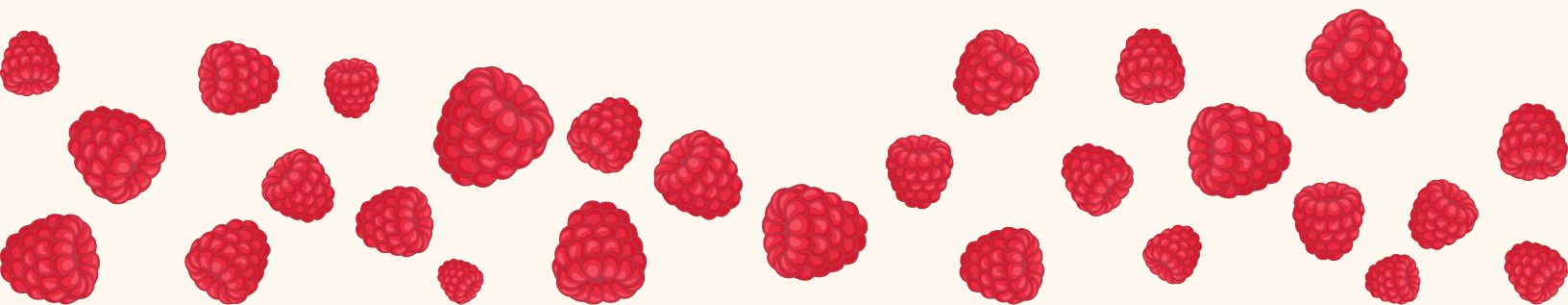
FIBER SPOTLIGHT

Fiber is vital for preventing chronic disease, and most of us don't get enough!! We should aim for 25-35g of fiber each day! This week's fiber fun fact is:



FIBER

WHOLE FRUITS are a great source of fiber (especially their skin). Their fiber + natural sugar 'package' helps support steady energy.



KIN wants to hear from you!

We welcome you to fill out this short [family feedback survey](#). Your input helps improve our programs for students across the country!

Additional Resources

[Newsletters \(English and Spanish\)](#)

[Food Access Information](#)

[Nutrition Labels](#)

[Recipes](#)

[Grocery Tips & Tricks](#)

[Worksheets](#)

[KINcentive Challenges](#)

THANK YOU &
SEE YOU NEXT WEEK!

