

The Berenstain Bears & Too Much Junk Food

About the book:

The Berenstain Bears & Too Much Junk Food
by Stan & Jan Berenstain

Publisher: Random House
ISBN#: 0-394-87217-7

Nutrition Objectives

- Recognize the negative effects of junk food.
- Determine what are considered healthy foods and what are considered not very healthy foods.

Physical Education Objectives

- Perform endurance and strengthening activity, such as jogging and sit-ups.

Activities

- Nutrition Activity #1: Snack Master or Snack Monster?
- Nutrition Activity #2: Sugar, Sugar, Sugar!
- Physical Activity #1: Too Much Junk Food

Lesson Handouts

- Snack Master & Snack Monster Posters
- What's in Your Drink Handout
- Grocery Item Worksheet

Parent Newsletter

- Healthy Snacking

Intent of Lesson

Using MyPlate, discuss with children the importance of making healthy food choices. Help children to identify food groups and recognize foods that fit into the various food groups. Stress that sugar, fats and salts should be eaten in very small amounts.

Previewing (5 minutes)

Discuss the dangers of eating too much junk food. Questions to ask:

Q: What happens to our health and body when we eat foods that have too much fat?

A: It can lead to heart problems and cause us to have too much weight on our bodies. Having too much weight can lead to other health problems.

Q: What happens when we eat too much candy?

A: We get too much sugar in our bodies and it can cause us to be overweight and have more cavities and tooth decay.

Q: What are examples of snacks that are high in sugar and fat? Salt?

A: Candy, butter or margarine, salad dressing, cake, doughnuts, soda pop, processed meats like hot dogs. Salted peanuts, popcorn, pretzels, sunflower seeds, jerky.

Active Reading: (10 minutes)

The Berenstain Bears & Too Much Junk Food by Stan & Jan Berenstain. (Note: To shorten the book for younger children: Skip the section in the doctors' office from "While she was waiting..." to "At first it was a little...")

Summarizing (5 minutes)

Discuss the book and what lifestyle changes the bears made to be healthier.

- They started to exercise together as a family.
- They ate healthier foods at meals and for snacks (carrot sticks, fruits).
- They also learned how important it is to drink milk and water instead of pop.

Q: What foods should you eat rather than those with lots of sugar, fat, and salt?

A: MyPlate items—fruits, vegetables, lowfat milk, lean meat, whole grain, water.

Snack Master or Snack Monster?



20-30 minutes

Equipment:

- Paper Strips (3-4 per child)
- Markers
- Snack Master and Monster Posters
- Tape
- Optional: food pictures or empty food packages

Directions:

1. Using paper strips and markers, have the children each fill out paper strips with their favorite snacks on them (about 3-4 per child).
2. When this is complete, hang up the Snack Master (Healthy) and Snack Monster (Unhealthy) posters. Have the children take turns deciding if their snack choices are good or bad for their health. Tape the snack to the appropriate poster.

(Note: If children are unable to write, the instructor can write and the kids can post up the response. Pictures may be cut from magazines or from empty food packages.)



Snack Master



Snack Monster

Sugar, Sugar, Sugar!



10-15 minutes

Equipment:

- What's In Your Drink Handout
- Drink Labels
- And You Drank the Whole Thing? Worksheet
- Sugar Cubes

Content Standards:

- Math—Compare and Order

Directions:

- Using the handout "What's in Your Drink," discuss the nutrition differences between drinks.
- Have students discover the answers to your questions by stacking real sugar cubes (or teaspoons of sugar) for each beverage.

Q: How many teaspoons of sugar are in _____?

(Note: Vary the order to make it different from the poster. 1 sugar cube = 1 tsp. sugar = 4 grams)
Continue until all beverages have been called.

A: *Vary with the beverage.*

- Pass out several beverage Nutrition Facts labels for students to examine. Have them look at the ingredient list to see where sugar is listed. Tell them that sugar may also be called "high fructose corn syrup," "sucrose," or "dextrose".

A: *Answers will vary with the beverage.*

What's In Your Drink?

Skim milk has 90 calories, important vitamins and minerals, but has no added sugar.



Coffee drinks contain calories from sugar AND fat; some have 13 tsp of sugar and 410 calories in a 16 oz serving.



Fruity drink for kids have 120 calories per 12 oz and 11 teaspoons sugar.



Water has no calories or sugar, and is the best to rehydrate after playing.

Pop can have 10 teaspoons of sugar and over 130 calories in a 12 oz can.



Fruit smoothies may seem healthy but may have 11 teaspoons of sugar and over 300 calories in a 16 oz serving.



AND YOU DRANK THE WHOLE THING?

Directions:

Draw a line matching the correct grams and teaspoons of sugar to the popular drinks listed below.

16 oz. Chocolate Milk Shake

12 oz. Fruit Drink

20 oz. Water

16 oz. Coffee drink

12 oz. Sweetsie Cola

35 grams (8 teaspoons)

0 grams (0 teaspoons)

20 grams (5 teaspoons)

39 grams (10 teaspoons)

88 grams (22 teaspoons)

4 oz. Vegetable Juice

8 oz. Milk

20 oz. Sports Drink

24 oz. Energy Drink

16 oz. Smoothie

11 grams (3 teaspoons)

32 grams (8 teaspoons)

4 grams (1 teaspoon)

40 grams (10 teaspoons)

87 grams (22 teaspoons)

AND YOU DRANK THE WHOLE THING? (Key)

Directions:

Draw a line matching the correct grams and teaspoons of sugar to the popular drinks listed below.

16 oz. Chocolate Milk Shake	→	35 grams (8 teaspoons)
12 oz. Fruit Drink	→	0 grams (0 teaspoons)
20 oz. Water	→	20 grams (5 teaspoons)
16 oz. Coffee drink	→	39 grams (10 teaspoons)
12 oz. Sweetsie Cola	→	88 grams (22 teaspoons)

4 oz. Vegetable Juice	→	11 grams (3 teaspoons)
8 oz. Milk	→	32 grams (8 teaspoons)
20 oz. Sports Drink	→	4 grams (1 teaspoon)
24 oz. Energy Drink	→	40 grams (10 teaspoons)
16 oz. Smoothie	→	87 grams (22 teaspoons)

Nutrition Facts		
Sports Drink		
Serving Size	20 oz	
Amount per serving		
Calories	158	
Total Fat	0 g	0%
Sodium	238 mg	13%
Total Carbohydrate	39g	13%
Dietary Fiber	0	0%
Sugars	32g	
Protein	0g	
Vitamin A 0% • Vitamin C 0% Calcium 1% • Iron 2%		

Nutrition Facts		
Water		
Serving Size	8 oz	
Amount per serving		
Calories	0	
Total Fat	0 g	0%
Sodium	0mg	0%
Total Carbohydrate	0g	0%
Dietary Fiber	0	0%
Sugars	0g	
Protein	0g	
Vitamin A 0% • Vitamin C 0% Calcium 0% • Iron 0%		

Nutrition Facts		
Vegetable Juice		
Serving Size	4 oz	
Amount per serving		
Calories	24	
Total Fat	0 g	0%
Sodium	220mg	8%
Total Carbohydrate	4g	1%
Dietary Fiber	0	0%
Sugars	4g	
Protein	0g	
Vitamin A 20% • Vitamin C 56% Calcium 0% • Iron 0%		

Nutrition Facts		
Milk		
Serving Size	8 oz	
Amount per serving		
Calories	90	
Total Fat	0 g	0%
Sodium	130mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber	0	0%
Sugars	11g	
Protein	8g	
Vitamin A 8% • Vitamin C 4% Calcium 30% • Iron 0% Vitamin D 25%		

Nutrition Facts		
Milk		
Serving Size	8 oz	
Amount per serving		
Calories	90	
Total Fat	0 g	0%
Sodium	130mg	5%
Total Carbohydrate	12g	4%
Dietary Fiber	0	0%
Sugars	11g	
Protein	8g	
Vitamin A 8% • Vitamin C 4% Calcium 30% • Iron 0% • Vitamin D 25%		

Nutrition Facts		
Energy Drink		
Serving Size	24 oz	
Amount per serving		
Calories	336	
Total Fat	0 g	0%
Sodium	250mg	10%
Total Carbohydrate	87g	28%
Dietary Fiber	0	0%
Sugars	87g	
Protein	0g	
Vitamin A -% • Vitamin C -% Calcium -% • Iron -%		

Nutrition Facts		
Fruit Drink		
Serving Size	12 oz	
Amount per serving		
Calories	141	
Total Fat	0 g	0%
Sodium	14g	1%
Total Carbohydrate	35g	12%
Dietary Fiber	0	0%
Sugars	35g	
Protein	0g	
Vitamin A 0% • Vitamin C 144% Calcium 0% • Iron 0%		

Nutrition Facts		
Smoothie		
Serving Size	16 oz	
Amount per serving		
Calories	300	
Total Fat	1	2%
Sodium	104mg	5%
Total Carbohydrate	65g	21%
Dietary Fiber	3	10%
Sugars	40g	
Protein	7	
Vitamin A 0% • Vitamin C 143% Calcium 10% • Iron 3%		

Nutrition Facts		
Sweetsie Cola		
Serving Size	12 oz	
Amount per serving		
Calories	130	
Total Fat	0	0%
Sodium	135mg	2%
Total Carbohydrate	39g	13%
Dietary Fiber	0	0%
Sugars	39g	
Protein	0	
Vitamin A 0% • Vitamin C 0%		
Calcium 0% • Iron 0%		

Nutrition Facts		
Chocolate Milk Shake		
Serving Size	16 oz	
Amount per serving		
Calories	896	
Total Fat	44 g	68%
Sodium	324g	13%
Total Carbohydrate	110g	37%
Dietary Fiber	0	0%
Sugars	88g	
Protein	14g	
Vitamin A 34% • Vitamin C 0%		
Calcium 43% • Iron 5%		

Too Much Junk Food



10-15 minutes

Connection:

Encourage students to understand that the Berenstain Bears were eating too much junk food and gained weight because of it. Therefore, the Bears had to cut down on food with lots of calories and begin exercising to use up extra energy.

Equipment:

- 30 food cards (some healthy foods, some junk foods)
- 30 activity cards (15 cardio activities, 15 strengthening activities)
- 12 Colored hula hoops (two for each group)

Safety Concerns:

Students will need to be able to move safely in personal and general space.

Activity Guide:

- Students will be split into six “families”
- The food cards should be placed on the floor in the middle of the area/room face-down.
- The activity cards will be held by the teachers, separated into the cardio and strengthening cards.
 - Suggested cardio activities: run 1 lap, do 5 jumping jacks, pretend to jump rope for 1 minute, jog in place for 30 seconds, pretend to do a tire run for 30 seconds, similar activities.
 - Suggested strengthening activities: do 5 push ups, do 10 crunches, push/pull with palms together in front of chest, bicep curls, tricep pump, raise hips from floor 10 times, lay on side and raise and lower legs 15 times, similar activities.
- Each family will have a healthy hula hoop in which they will put the healthiest foods and a less healthy hoop in which they will put the foods that aren't so good for them.
- One person from each group will run to the center to pick a food card (Change the locomotor skill every few trips for variety.)
- The student will bring the food card back to the family and the family will work together to decide if it is a healthy or not very healthy food.
- If it is a healthy food they will put it in their “healthy” hoop and go to the teacher to get a strengthening activity card (such as 10 sit-ups) and the whole family will do that activity.
- If they get a not very healthy food they will put it in their “not healthy” hoop and get a cardio activity card (such as jog 1 lap) and the whole family will do that activity.



A Service of SDSU Extension

- Once the group has done the activity the next person will go pick a card.
- Continue until all of the food cards are selected.

Cool Down/Closure: Gather students and ask them the following:

Q: What were some of the foods that the Berenstain Bears ate to replace their junk food?

A: apples, raisins, nuts, yogurt, carrots

Q: What were some of the activities the Bears did to become healthy?

A: jogging, exercising, racing, eating healthy foods, check with a doctor

Q: What was one less healthy food your family drew? What could you eat instead?

A: Answers vary.

Q: Why was it helpful having your whole group do the activity rather than by yourself?

A: Share ideas, get answers right, more fun

Healthy Snacking

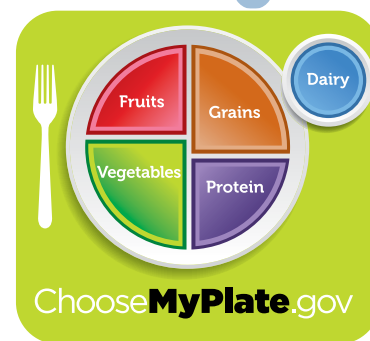
Family Fun

For a family activity check out the book, *The Berenstain Bears and Too Much Junk Food* by Stan and Jan Berenstain from your local library. Read the book together. Identify snack choices that your family eats. Are they good choices? If not, what would be better choices? Make plans for your family to enjoy good snacks.

Help Kids Snack Smart

Most kids like snacks. Think of a snack as a mini-meal that helps provide nutrients and food energy your child needs to grow, play and learn.

Children have small stomachs. So they will likely eat less at meals than you do. Smart snacks can help your child eat or drink enough during the day. Most young children do best when they eat four to six times a day.



Keep foods from each of the food groups on ChooseMyPlate handy. For example, raw vegetables, fruits, cheese, yogurt, whole wheat bread, peanut butter and hard-cooked eggs.

Let the snacks fill in the gaps. If your child misses juice at breakfast, offer fruit at snack time.

Time snacks carefully. It is best to provide snacks two to three hours before meals. This will ensure that your child will be hungry at mealtime.

Offer snacks to satisfy hunger. Refrain from offering foods to quiet tears, calm your child or reward behavior. This can lead to emotional overeating later on.

Keep snacks small. If your child is still hungry, allow her to ask for more. Let your child decide what's enough.

Go easy on snacks with added sugars. Soft drinks and fruit drinks can provide lots of sugar. Offer milk, 100 percent fruit juices or water as snack beverages. Snack wisely yourself. Do you snack when you feel stressed or bored? Or when you're hungry? What foods do you snack on? Your child learns snack habits by watching you. Be a good role model.

Fun for Kids!

Involve your son/daughter in the preparation of the snacks. If he/she takes part in the preparation, they are more likely to eat the snack. Plus, they are learning skills that will last for a lifetime. Select simple recipes that a child could prepare, based on their age. Here are some snack ideas to get you started.

Milk Shake-ups: Pour milk, juice and ice in a covered container. Shake!

Fruit Juice Pops: Freeze fruit juice in small paper cups or ice cube trays.

Crunchy Banana: Peel bananas. Roll them in peanut butter or yogurt, and crushed cereal. Freeze.

Peanut Butter Logs: Fill celery with peanut butter.

Cinnamon Toast: Toast whole wheat bread. Spread a little margarine or butter on top. Sprinkle with cinnamon sugar.



Fresh Fruit with Cinnamon Yogurt Dip

Servings: 4

Ingredients:

- 1 apple
- 1 orange
- 1/4 cup orange juice
- 1 cup lowfat vanilla yogurt
- 1/2 tsp. cinnamon

Directions:

Core and slice the apple. Slice banana into thin circles. Peel the orange and break it into sections. Pour the orange juice into a small bowl. Dip the fruit pieces into the orange juice to prevent browning. Arrange on a plate. Mix the yogurt and cinnamon in a small bowl.

Put the bowl of yogurt and cinnamon next to the fruit. Use it as a dip for the fruit. Try making this with other favorite fruits.

Nutrition Facts: 120 calories; 1g total fat; .5g saturated fat; 5mg cholesterol; 40mg sodium; 25g carbohydrates; 4g protein

Sources: http://recipefinder.nal.usda.gov/index.php?mode=display&rec_id=372

Adapted from: Nibbles for Health, Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service