

SUGAR AND SALT!



TODAY, LET'S LOOK AT TWO OF THE MOST COMMON INGREDIENTS IN THE FOOD THAT YOU EAT: SUGAR AND SALT. THE TWO LOOK VERY SIMILAR, BUT THEY ARE VER DIFFERENT.

SUGAR IS A CRYSTAL THAT COMES FROM THE SUGARCANE PLANT. IN LIMITED QUANITIES (THIS MEANS NOT EATING TOO MUCH), SUGAR IS OKAY, BUT TOO MUCH CAN RAISE YOUR BLOOD SUGAR. (MEANING HOW MUCH SUGAR IS IN YOUR BLOOD) AND BE BAD FOR YOUR HEART.

THIS IS WHAT A SUGARCANE PLANT LOOKS LIKE:



THERE ARE TWO TYPES OF SUGARS: NATURAL SUGARS AND ADDED SUGARS. MOST VEGETABLES AND FRUITS HAVE NATURAL SUGARS. NATURAL SUGARS ARE GENERALLY HEALTHIER BECAUSE THEY COME IN SMALLER QUANITIES AND ARE OFTEN IN FOODS THAT ALSO HAVE GOOD NUTRIENTS.

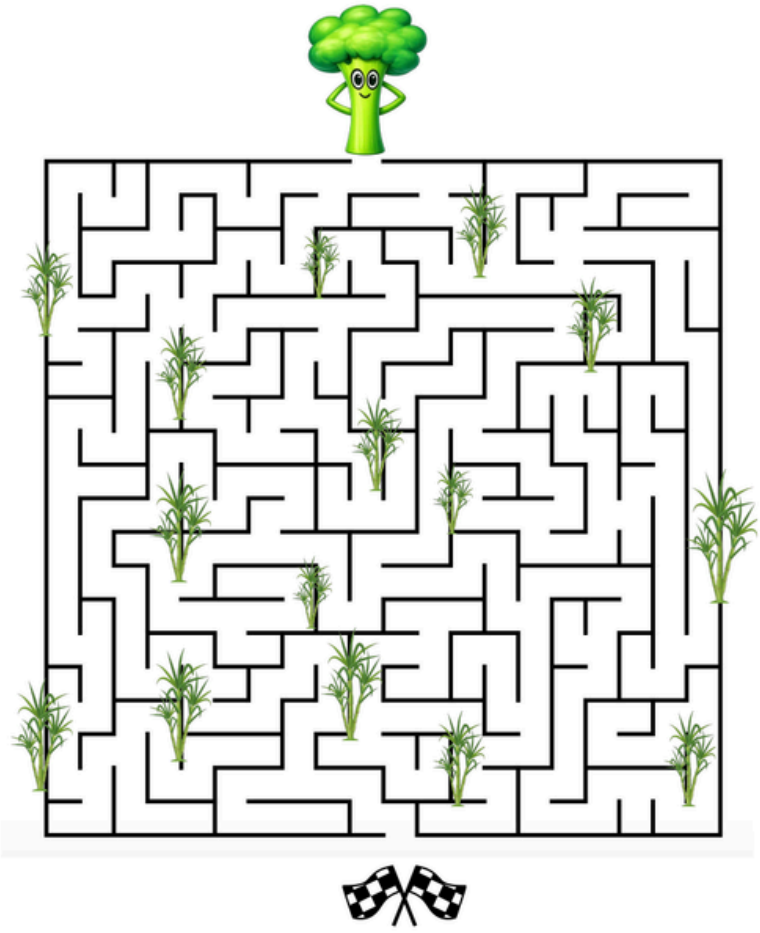


ADDED SUGARS ARE VERY COMMON IN PROCESSED FOODS.

GROUP ACTIVITY: TAKE A LOOK AT BRAINY BROCCOLI'S PANTRY. TALK WITH A PARTNER OR TWO ABOUT WHICH FOODS IN THE PANTRY YOU THINK HAVE THE MOST SUGAR.

- CAPTAIN CARROT'S FAVORITE MINTS HAVE ADDED SUGARS
- THE SODAS THAT BRAINY BROCCOLI BOUGHT HAVE LOTS OF ADDED SUGARS.
- EVEN SOME CEREALS HAVE SUGARS. BRAINY BROCCOLI'S DOES!
- SYRUPS AND KETCHUPS HAVE ADDED SUGARS
- CAPTAIN CARROT'S FAVORITE BREAKFAST, CHOCOLATE WAFFLES, HAVE ADDES SUGARS

HELP BRAINY BROCCOLI AVOID THE SUGARCANE AND GET OUT OF THE MAZE!



SALT IS ANOTHER EXTREMELY COMMON THING FOUND IN MANY FOODS. IT IS OFTEN USED AS A SEASONING, WHICH MEANS IT IS USUALLY ADDED IN SMALL AMOUNTS TO ADD FLAVOR TO FOODS. TOO MUCH SALTY FOOD CAN BE A PROBLEM, AND JUST LIKE SUGAR, IT CAN CAUSE HIGH BLOOD PRESSURE AND HEART DISEASE.



CAPTAIN CARROT'S HEALTH TIP OF THE DAY:

ASK YOUR PARENTS HOW THEY SEASON THEIR FOODS. DO THEY USE SALT? SOME FOODS THAT HAVE LOTS OF SALT ARE CHEESES AND PIZZAS.

FUN FACT: THE OCEAN'S WATER IS VERY SALTY! THAT IS WHY IT IS NOT GOOD TO DRINK. BUT, MOST OF THE SALT THAT WE EAT COMES FROM PLACES WHERE THERE USED TO BE SEA WATER! HERE IS A SALT FLAT (A PLACE WITH LOTS OF SALT):



BUT, THE MOST COMMON WAY THAT PEOPLE CONSUME TOO MUCH SALT IS THROUGH SNACKING.

WRITE OUT ANOTHER EXAMPLE OF A FOOD THAT YOU EAT THAT CONTAINS SALT AND HOW OFTEN YOU EAT IT.

HAVE FUN BEING HEALTHY, HEROES IN TRAINING!

