

MOLECULE MODELS

STEM ACTIVITY



AGE RANGE

10–13

OVERVIEW

Overconsumption of foods with added sugars can play a role in increasing the risk of developing noncommunicable diseases (NCDs) such as heart disease, and type 2 diabetes.¹ In this lesson, students will learn how to identify foods with added sugars and how eating these foods can contribute to an imbalance in blood glucose levels in their bodies. They will develop models of the glucose molecule to help them understand how glucose is used and stored in their bodies.² They will also learn how increased levels of blood glucose can affect their overall health and risk of developing NCDs. The lesson concludes with students identifying healthy lifestyle habits that include the role of physical activity³ as well as making the healthiest food choices possible.

TIMING

45–60 minutes

OBJECTIVES

Students will

- Demonstrate an understanding of how the body processes glucose.
- Explain how eating too many foods with added sugars affects the risk of developing type 2 diabetes and other NCDs.
- Develop a model of glucose and use it to explain the effects of high glucose levels on overall health.
- Identify foods with added sugars.
- Identify lifestyle habits that can help control blood glucose levels and reduce the risks of developing type 2 diabetes and other NCDs.

<https://www.eda.gov/diabetes/basics/diabetes.html#:~:text=Most%20of%20the%20food%20you%20eat%20is%20made%20of%20sugar>

For more information about the Future Well Kids program, please email
ABBOTT.VOLUNTEER@ABBOTT.COM.