

## Kids talk about health issues

1. Watch the video "Kids explain, what is sugar?" and highlight the answers kids give to the questions.

**Video:** <https://www.youtube.com/watch?v=Gxy9QtE5mxg>

**Example:** You could get sick

You feel dizzy

❖ **What happens if you eat too much sugar?**

Your stomach hurts

I have a headache

You can get sick

You don't feel well

You'll get really hyper

I go crazy

❖ **What's your favorite sugary food?**

Cookies

Candy

Ice cream

Popsicles

Cakes

Cereal

2. Watch the video "Kids explain, what is healthy food?" and sequence the answers kids give to the questions

**Video:** <https://www.youtube.com/watch?v=vpKij755vdY>

**Example:** 1 cake

2 candies

❖ **What is a healthy food?**

\_\_ watermelon

\_\_ Apples and bananas and orange

\_\_ tomatoes and potatoes

\_\_ chicken

\_\_ avocados

\_\_ umm...grapes