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

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