
Overview:

In “Healthy Ways to Achieve Your Ideal Weight,” Amy Thompson analyzes the best methods by which to manage or maintain weight and addresses national obesity.

Summary:

In “How to be Full with Less Food,” Professor Amy Thompson clarifies how Body Mass Index (BMI) helps establish healthy weight. Then, she compares the effects that sugar and fiber have on the body. High glycemic foods cause insulin levels to spike significantly, which then induces hunger after sugar consumption. Thompson concludes that fiber, found in fruits and vegetables, alternatively aids in feeling satiated.

ODE 9-12 STANDARD 1: *Health; Topic 1, Nutrition; Topic 2, Exercise and Lifestyle Choices*

ODE 9-12 STANDARD 2: *Science; Course, Human Anatomy and Physiology; Topic, AP.AE: Absorption and Excretion, 1 Digestive System*

Discussion Questions:

1. What are some adverse health effects sugar has on the body?
2. What are some examples of foods with high sugar content (glycemic index) that you eat often? Can you think of healthier alternatives for these foods?

Activity:

1. Ask students to list the foods they have consumed today. Then, have them rank the foods in order from most to least healthy in terms of fiber (estimates). Next, instruct students to check their lists with the [Nutrients in Food Tool](#).
2. [Explore activities](#) related to fiber.

Resources:

Fiber: Fizzy’s Lunch Lab: <https://wgte.pbslearningmedia.org/>

Long-Term Effects of Added Sugar: <https://www.communitycommons.org/>

