

Think Before You Drink

Sugar Overload- Lesson Plan

Goal: To make parents & children aware of how much sugar they are drinking and eating daily.



**"Sweets are fun, Sweets are yum!
But too much sugar is bad for your tum!"**

What is Sugar?

Sugar is a food that fuels the body by giving us energy. Just like a car needs gas, our bodies also need fuel and sugar is one of our bodies fuel sources. Though small doses of sugar provide your child with energy it's important to provide nutritious sources of sugar. The sugar found in fruits, vegetables and dairy foods such as milk and cheese are natural sugars.

If you think sugar gives you a boost? Think again. Too much sugar will leave you feeling tired and sluggish soon after you eat or drink. Healthy foods and drinks give you the energy you need to play, do well in school, and be active all day.

Lesson 1

Soda and juice which are added sugars are the worst offenders when it comes to children and sugar. Which brings us to the activity we have for you today. We want to take a closer look at how much sugar we consume on daily. On our visual board we have a few drinks

displayed we often see in the grocery store, maybe Mom or Dad may pack in our lunch, or we have purchased at school to drink with our breakfast or lunch meal.

Glancing at the board who can guess which drink has the most sugar? Then ask the audience: Can anyone guess which drink has the least sugar? Wait for a participant to respond. If they don't know the answer, provide the answer. Explain to the audience which product has the most sugar and which product has the least amount of sugar.

Using the visual board point to the can of coke? Ask the participants: Can anyone guess how much sugar is in a can of coke? Wait a few seconds for a participant to guess the amount of sugar content. Point to the display and reveal the amount of sugar in a can of coke. What about milk, can you guess how much sugar is in a carton of milk? Do you think milk contains sugar? Believe it or not it does? Reveal to the audience how much sugar is in a carton of milk. Most importantly recap to the audience that the sugar in milk is natural sugar and is a good source of sugar.

Optional Demonstration: Invite participants over to your table to take a closer look at the different types of drinks displayed and their sugar content in grams and teaspoons. This activity would be a good exercise to demonstrate at the one-hour Summer Meals lunch session. You can also show the kids what a teaspoon is and scoop out 8 teaspoons into a clear cup to show how much sugar is in each drink. Choose one drink high in sugar content and then choose one drink in lower sugar content and follow the same procedure. Ask the participant which drink do you think is better for you? Let them ponder this question. Ultimately, we hope that they choose the drink lower in sugar but if they don't just give a quick recap of the information taught today.

Lesson 2

A great way to determine how much sugar is in your food or drink is to check the Nutrition Facts label. This label is located on the back or side panel of all food products. There are two tabs to pay close attention to is the Sugar and Serving Size. This will determine how much sugar is in your food or drink. Here is an easy tool to use especially if you are great at Math. A good way to put this formula to use would be to get your calculator out on your phone or tablet and randomly select a few food and drinks while you are out shopping for groceries with your parents. You can also go to your pantry or cabinet and do the calculations on foods and drinks you already have at home. The results will shock you and hopefully you will choose wisely when selecting foods and drinks in the future.

Grams of sugar X Number of Servings = Grams of sugar in total package

Grams of sugar in total package divided by (/) 4 = Teaspoons in sugar

Serving Size 1 can (12 fl oz)
Serving Per Container 1

Amount Per Serving	
Calories	140
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Dietary Fiber 0g	0%
Sugars 39g	
Protein 0g	0%

Nutrition Facts	
Serving Size 1 pouch (177 mL)	
Servings Per Container 10	
Amount Per Serving	
Calories 50	
	% Daily Value *
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrate 13g	4%
Sugars 13g	
Protein 0g	
Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium and Iron.	
* Percent Daily Values are based on a 2,000 calorie diet.	

Other Important Facts to Share

What is the maximum amount of sugar a day for children?

Children between the ages of 2 to 18, should follow a 2,000 calorie per day diet. However, only 5% of that daily diet should be consumed in sugar, which equals **25 grams** / 100 calories. The average person should only consume no more than 70 grams per day.

Kids eat LARGE amounts of sugar?

Children should only be consuming 6 teaspoons or less of sugar per day. But, on average, Children far exceed that amount of sugar intake... they roughly eat about 15 teaspoons of sugar per day which equals to **50 POUNDS** per year. THAT'S A WHOLE LOT OF SUGAR!

Demonstration: Using a 5-pound bag of sugar you can state while holding up the 5-pound bag "Imagine me holding 9 more bags of this sugar". Can you picture in your head how much sugar that is? Encourage a child or parent to come hold the bag? We want the parents to get involved as well. They are the ones who are buying the drinks and food for the household. Ask the child or parent is the bag heavy? That's how much sugar the average person consumes in an entire year.

Resources:

Cooking Matters for Chefs and Kids, Sugar Overload www.strength.org
Cooking Matters Presents "Sugar Shocker" Handout www.strength.org
Healthy Eating SF Gate www.healthyeating.sfgate.com

Summer Meals Program Sugar Shock



Quick Survey:

Date: _____

1. Raise your hands if you learned something new today about sugar?

Percentage: _____

2. How many of you will check the food label before you select a drink?

Percentage: _____

3. Were any of you surprised that milk contains sugar?

Percentage: _____

4. How many of you will choose water as the best choice of drink?

Percentage: _____

5. How many of you based on what you learned today will drink less sodas and sugary drinks?

Percentage: _____