

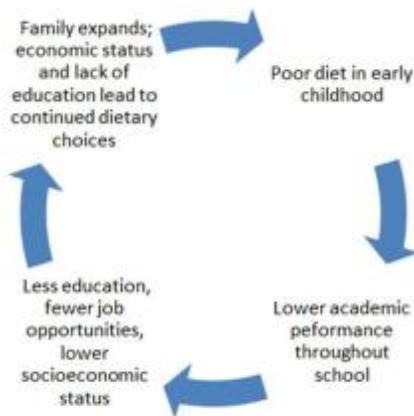
Lesson Title: Sugar Shocker

Learning Objectives:

- List at least four side effects of high sugar intake
- Identify high sugar foods
- Explain the effect of high sugar intake on academic performance

Opening:

Ask the students, “Think about the last time you had a soda, sugary coffee, or energy drink. How did you feel three hours after you had the drink?” Have students share out.



Essential Content:

- High sugar intake has a strong correlation with decreased academic performance.
- More and more research is being done on the immediate and long-term effects of soda consumption.
- One recent study looked at 16,000 students and soda consumption. Drinking a soda at least once daily was associated with the increased likelihood of B, C, or D/F grades compared to mostly A grades for students who didn't drink soda.
- Higher consumption of sugar-sweetened beverages also leads to weight gain.

Side effects of added sugar:

- Stomach and head aches
- Decreased quality of sleep
- Decreased recovery time after athletics
- Increased bacteria growth that can lead to cavities
- Increased risk of diabetes and heart disease
- Decreased energy after the initial “sugar rush/high”
- Increased inflammation, which is associated with depression
- Increased anxiety and irritability
- It is eight times more addicting than cocaine

Activity:

The activity below is called Sugar Shocker and can be implemented with the foods and drinks that your students are drinking.

Sugar Shocker Steps:

- Take a poll to determine common foods and drinks consumed by the students in your class.
- Choose the top 5 popular items as part of the Sugar Shocker activity.
- Bring in sample foods and drinks with the accurate teaspoons of sugar as listed on the activity sheet.

Items needed: clear cups, bag of sugar, and common drinks/food items

Guided Practice: Ask a student to volunteer to read the nutrition label on one of the sample foods or drinks. As a class, convert the grams of sugar on the label to teaspoons. Then, have the student volunteer spoon out the teaspoons of sugar into the plastic cup.

Independent Practice: Using the labels on the remaining four sample food or drink items, all students will convert the grams of sugar on the nutrition labels to teaspoons. Have students put the foods or drinks in order from most sugar to least sugar.

Closure:

What is one small action you can take on a daily basis to decrease your sugar intake? Each student should identify one step.

See sugar shocker video for example prior to conducting in your classroom. (4 grams = 1 teaspoon of added sugar when reading nutrition labels)