BECOME A SUGAR DETECTIVE: FIND THOSE HIDDEN SUGARS IN DRINKS

GRADES 4 – 6

ACTIVITY 1: SUGGESTED TIME: 10-15 MINUTES

Objectives For Students:

- Identify drinks that taste sweet and have added sugar.
- Talk about the amount of sugar hidden in drinks by comparing drinks to sweet foods.
- Learn that water, fat-free and low-fat (1%) milk are the healthiest drink options.

Materials:

- 30-second TV Public Service Announcement called "Doughnuts," downloaded from the DVD and available online at playeveryday.alaska.gov, under Get the Facts About Sugary Drinks, Resources.
- 11 x 17 printed poster showing a 20-ounce soda next to a stack of 16 chocolate mini doughnuts.
- Additional materials: A folder on the DVD (and on the Play Every Day website listed above) contains posters that show the amount of added sugar in drinks. The added sugar is shown by comparing drinks, foods and teaspoons of sugar.

Delivering the Enrichment Activity:

Show the 30-second PSA. Then show students the poster and read it out loud to them.

Discuss the PSA and poster depicting the comparison of a soda to a stack of doughnuts.

Choose four or five of the following questions to discuss with your class.

1. What do you think the video was trying to tell us?
2. Even though you can't see sugar mixed in the soda, do you think there is a lot of sugar hidden inside that bottle of soda?
    - There can be as much sugar in a 20-ounce bottle of soda as there is in a stack of 16 chocolate mini doughnuts. Let's look at the poster again to see what that looks like. That is a lot of sugar.
3. Talk about how your body is like a car. It needs fuel to GO! Your mom or dad's car needs fuel to make it go. If it runs out of fuel and the gas tank is empty, it just won't move. Our bodies are like that. They need to refuel and go!
    - We have to use the right kind of fuel. Cars need the right kind of gas or they won't move.
    - We need to choose the best fuel for our bodies, too. That's why we eat a balanced diet of healthy foods and drinks. Not all drinks make us feel as healthy and strong as other drinks.

4. How would your body feel if you had too much added sugar in your drinks?
    - Talk about how sugar isn't the best fuel for young bodies.
    - Some people consider sugar a fuel, but it doesn't last long. Sugar can give you a boost of energy right away, but it can make you feel tired later. That's why it's called a sugar crash.
    - Drinking sugary beverages can lead to cavities.
    - Drinking sugary beverages can lead to weight gain that isn't healthy for your body.
    - Drinking sugary beverages can cause your body to have too much sugar in your blood, which is called diabetes.
5. Sodas aren't the only drinks that have a lot of hidden sugar. Can you think of other drinks that have a lot of sugar?
    - Examples: Fruit-flavored drinks, powdered drinks, vitamin-enhanced water beverages, sports drinks and energy drinks. (The additional posters on the DVD and on the website show food and teaspoons of sugar comparisons for these drinks, too.)
6. What do you think would be a healthier choice to drink with meals and snacks? Explain that water, fat-free and low-fat (1%) milk are the healthiest choices for drinking.
7. How would your body feel if you had water, fat-free or low-fat milk to drink instead?
    - Your body needs water to stay healthy. Our bodies lose water during the day by sweating when we get out and play, and even by breathing. Drinking water is one of the best ways to keep our bodies hydrated.
    - Water helps make sure your muscles can keep you moving.
    - Water is good for your body because it has no added sugars, no added colors and no added flavors.
    - Fat-free and low-fat milk have calcium, vitamin D and other vitamins and nutrients that help you grow strong bones.
    - Calcium in milk also helps build strong, healthy teeth.
    - It's important to choose drinks and foods that help build strong bones when you are young because your bones are still growing.

Encourage students to drink fewer sugary drinks or no sugary drinks at all.

Share some tips for making it easier to drink water during the day:

- Carry a fun water bottle in your lunch box or backpack.
- Use a fun straw when drinking water.

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ACTIVITY 2: SUGGESTED TIME: 5-10 MINUTES

Objectives For Students:

- Students will set goals to improve their health by choosing healthy drinks.

Materials:

- Play Every Day pledge card, downloaded from the DVD and available online at playeveryday.alaska.gov, under Get the Facts About Sugary Drinks, Resources.

Delivering the Enrichment Activity:

Ask the students about what they learned in Activity 1 about how their bodies would feel if they had too much added sugar in their drinks. Ask the students what benefits come from drinking healthy drinks. Ask students if they would be willing to drink fewer sugary drinks or no sugary drinks at all for the next month.

- Have students fill out the grade-appropriate Play Every Day pledge card that can be downloaded from the DVD or found online, and then printed.
- Have students share their pledge with another student and have the class talk about what they have learned about drinks that have added sugars. Another option would be to hang up the signed pledge cards in your classroom.
- Encourage students to share their Play Every Day pledge card with their family. Encourage students to talk to their families about drinking fewer or no sugary drinks, and drinking water, fat-free or low-fat milk during meals and snacks.