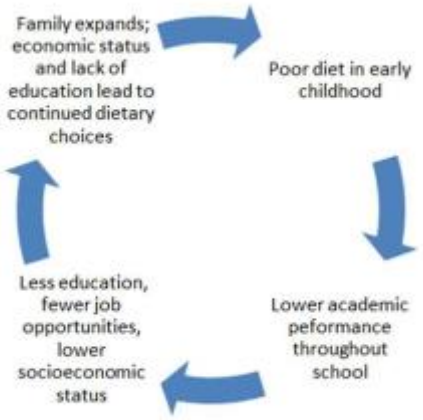
Lesson Title: Sugar Shocker

Learning Objectives:

- Properly identify at least 4 side effects from high sugar intake/diet
- Identify high sugar foods
- Understand the effect of high sugar intake and academic performance
- See a visual of popular high sugar drinks and juices



The Message/WHY is this important:

- High sugar intake has a strong correlation with decreased academic performance
- More and more research is being done on not only immediate effects but 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 with mostly A grades with children who didn't drink soda.
- Higher consumption of sugar sweetened beverages leads to weight gain

Side effects of added sugar:

- Stomach ache, headache
- Decreased quality of sleep
- Decreased recovery time after athletics
- Increased bacteria growth → cavities
- Increased risk of diabetes and heart disease
- Decreased energy after the initial "sugar rush/high"
- Increased inflammation. Inflammation is associated with depression.
- Increased anxiety and irritability
- Addictive: 8x more addicting than cocaine

Activity In Classroom: Perform sugar shocker in the classroom with common foods and drinks that your students are drinking.

Options:

- Take a poll to see what are the common things kids drink and snack bars
- Use popular items as part of the sugar shocker activity
- Examples of drinks and common foods with teaspoons of sugar listed in "sugar shocker" activity

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

Have students volunteer and come up to demonstrate they know how to read a nutrition label and convert the grams → teaspoons. Once they correctly identify number of teaspoons, have them spoon out the teaspoons of sugar into the plastic cup! See sugar shocker video for example prior to conducting in your classroom. (4 grams = 1 teaspoon of added sugar when reading nutrition labels)