

Evidence for added sugars in commonly consumed beverages

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This lesson is appropriate for high school grade. Estimated time: 30-40 mins

Introduction: This is a lesson that shows students the difference between added sugars and natural sugars. Also, how to identify other names that sugars are called. The teacher can ask class the following questions to start:

1. 1) How many of you drink soda or juice every day?
2. 2) Who knows what added sugars are?
3. 3) How many of you know how many added sugars per day are recommended?

Lesson Objective:

1. Students will understand what added sugars are and examples
2. Students will learn about natural sugars and their benefits
3. Students will identify the many names of sugar
4. Students will be able to choose healthier, less sugary drinks

Material and equipment list:

1. A computer that can play PowerPoint Presentation
2. Computer or phone access for Kahoot
3. Internet access
4. Post-lesson Sugar quiz for all students (take home)
5. Answer key for Sugar quiz

Facilitator preparation notes:

1. Log-in to Kahoot to be prepared for Pre-assessment quiz in ppt
2. Log-in to You-Tube for video in ppt
3. Review PowerPoint
4. Print copies of Sugar quiz

Lesson activities:

- **Pre-Assessment quiz** - Provide students with the Kahoot Code (3-5 minutes to play game)
- **Presentation** ~ 25 minutes to teach
 1. **Slide 1 - Introduction**
 2. **Slide 3 - Play Kahoot** ~ Click on link and retrieve game pin for class

<https://create.kahoot.it/details/2695dd4c-bba5-47ef-8b40-a04747dfb61c>

3. Slide 4 - Present the objectives
4. Slide 5 – What do Teens Drink?
5. Slide 6 - Watch video about Added Sugars
6. Slide 7 & 8 - Added Sugars
7. Slides 9 & 10 – Naturally occurring sugars
8. Slide 11 – Other names for sugar
9. Slide 12 – Healthier Alternatives
10. Slide 14 & 15 – Nutrition Label Comparison Activity
11. Slide 16 – Added Sugar recommendations
12. Post-lesson quiz

Handouts for students: Post-lesson quiz (Switch papers with another person and grade)

When students get their quiz back, correct any wrong answers to take home and learn.

NAME: _____

Date: _____

Added and Natural Sugars Quiz

Answer each question: T (for true) or F (for false)

If false, fill in what would make it a true statement

1. Sugars have many names, some of them include sucrose, honey, fructose and maple syrup?
2. Added sugars have no nutritional value?
3. The recommended amount of added sugars/day for men is 6 teaspoons?
4. Natural sugars are healthier for you than added sugars?
5. Excessive amounts of added sugars contribute to heart disease, type 2 diabetes and cancer?
6. An 8 oz glass of low-fat plain milk is healthier choice than a soda?
7. One 12 oz. can of cola contains 39 g of sugar, this is close to the added sugars recommended for a man in one day? (Hint= grams/4 = teaspoons)
8. The recommended amount of added sugars/day for women is 6 teaspoons?
9. The sugar found in milk is called glucose?
10. Fruit contains fiber which helps limit blood sugar spikes?

Added and Natural Sugars

Answer Key

1. T
2. T
3. F, 9 teaspoons
4. T, in moderation...any sugar can be harmful in excess
5. T
6. T
7. T
8. T
9. F, lactose
10. T