

THE MYSTERY OF THE HIDDEN SUGARS



AGE RANGE

10–13

OVERVIEW

Students will learn about the risks associated with overconsumption of sugar and the connection between nutritious food choices and noncommunicable diseases (NCDs). They will participate in a demonstration in which they will measure out the daily recommended amount of sugar and visually compare it to the amounts in various drinks and common food items. Students will draw conclusions to create a resource that explains to peers the connection between sugar consumption and NCDs.

TIMING

45–60 minutes

OBJECTIVES

Students will

- Understand the connections between overconsumption of sugar, nutritious food choices, and noncommunicable diseases
- Participate in a demonstration that compares the daily allowance of sugar with the amount of sugar found in common drinks and food items
- Create a skit and perform a Public Service Announcement that illustrates the connection between sugar consumption and noncommunicable diseases

MATERIALS NEEDED

- Pencils, one per student
- Crayons or markers, one set per group

For more information about the Future Well Kids program, please email
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