

SUGAR OVERLOAD

The purpose of this activity is to see the amount of sugar in commonly consumed drinks.

ESTIMATED TIME:

 10 minutes

MATERIALS:

- Empty cans or bottles of a variety of different drinks
Ex: Sodas, fruit flavored drinks, sweet tea, sports drinks, vitamin water, chocolate milk, lemonade
- Clear cups or baggies
One for each empty can or bottle
- Bag of sugar
You can also use salt, flour, etc.
- Teaspoon

DIRECTIONS:

1. Set out all cans or bottles.

“How would you decide which of these drinks is healthier?”

 Many popular drink choices are loaded with added sugar and we can use nutrition fact labels to find out which choices have less sugar.

2. For each can or bottle, you will calculate the amount of sugar it contains.

(Grams of sugar in 1 serving) x (Number of servings per container) = Grams of sugar in total package

(Grams of sugar in total package) ÷ 4 = Teaspoons of sugar in container

3. Once you calculate the number of teaspoons per container, scoop that amount into the cup or baggie and place in front of empty can or bottle.

4. Compare the results:

“Which drink surprised you the most?”

 Many drinks are very high in sugar and often take the place of other drinks that are good for our bodies, such as milk and water.

 Most sugar in popular drinks is added sugar. If a drink is made with fruit juice or milk, some of the sugar may be natural sugar, but 100% juice and plain milk do not contain added sugar.

Make sure you know how many servings are in each package!

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PUTTING WHOLE GRAINS TO THE TEST

This activity shows how whole grains and refined grains behave differently in our bodies.

SUGGESTED AGES:

5 - 15 years

ESTIMATED TIME:

 15 minutes

MATERIALS:

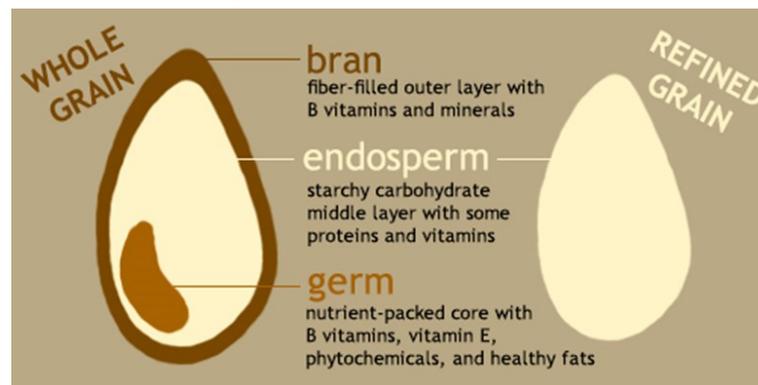
- 1 slice of 100% whole wheat bread
- 1 slice of white bread
- 2 bowls or pans
- 2 cups orange juice (or water or any other liquid)

DIRECTIONS:

1. Place the slice of white bread in one bowl and the slice of whole wheat bread in the other. Pour orange juice (or other liquid) into each bowl, just enough to cover each piece of bread.
2. The orange juice (or liquid) represents the acid in our stomachs when we digest food. Let the bread soak for 5 - 10 minutes.
3. While the bread soaks, talk with your child about whole grains vs. refined grains:

"What is the difference between a whole grain and refined grain?"

-  Whole grains contain all three parts of the grain. When a grain is refined, the bran and germ are removed along with their fiber, iron, and vitamins.



"Why is it important to choose whole grains?"

-  Whole grains keep us feeling full for longer and are a great source of fiber. Fiber is like a broom that sweeps through your body and cleans out the 'bad stuff.'

"How do you know if a grain is a whole grain?"

-  The first ingredient should always be a whole grain. Some examples include: whole (name of grain like wheat, rye, or oats), bulgur, brown rice, popcorn, rolled oats, quinoa.

4. Have your child use tongs, or their hands, to pick up the slice of white bread, and then the slice of whole wheat bread.

"What do you notice? Why does the white bread fall apart while the whole wheat bread does not?"

-  Whole grains take longer to break down in our bodies to help us feel full for longer.