**Happiness Diet**

**Assignment #13**

**Effects of Sugar Lesson**

**Materials**:

* “List of Sweetener Substances” resource to review before class-- <http://www.sugar-and-sweetener-guide.com/all-sweetener-list.html>
* several sweet, kid-appealing treats, beverages, condiments, and cereals with nutrition facts labels
* access to show video: <https://www.youtube.com/watch?v=Z5aYq0ASSHU&feature=youtu.be>
* Video Reflection Form copies

**Objectives:**

* To teach other names for sugar.
* To raise students’ awareness of their sugar intake.
* To demonstrate the benefits of reducing sugar in the diet.

**Learning Outcomes:**

* Students will be more thoughtful about eating sugar-containing foods.
* Students will be able to identify at least one benefit of reducing sugar that impacts their lives.

**Instruction:**

Day One

1. Display the sweet treats, and discuss eating sweets with the following prompts:
* Ask students how often they eat foods like the ones displayed.
* Ask under what circumstances and/or where they usually eat these foods.
* Discuss how they feel when they eating the foods as well as after they have eaten them.
1. Examine several nutrition facts labels and discuss with students the various names of sugar as well as where in the ingredient list sugar is found. Read how many grams of sugar/added sugar is in each food.
2. Display several condiments, and ask the class to guess whether or not sugar is in each. If students believe sugar is present, ask how much they believe the condiment contains.
3. Repeat the guessing activity with beverages and cereals.
4. At the end of class assign students to keep a list of all foods eaten that contain sugar over a two-day period.

Day Two

1. After two days, view video: “What If You Stopped Eating Sugar for 1 Week?” <https://www.youtube.com/watch?v=Z5aYq0ASSHU&feature=youtu.be>
2. Following the video, lead a discussion about the harmful effects of sugar including the following:
* weight gain
* mood swings
* addiction
* impaired cognition
* skin problems
* sleep disturbances
* increased risk of Alzheimer’s disease
* increased risk of heart disease
* increased risk of diabetes
* increased risk of cancer

**Check for Understanding:**

1. After viewing the video, have students complete the Video Reflection Form.
2. After the students have turned in their answers, discuss their responses as a class.

**Closure:**

Challenge students to go as long as possible without sugar.

**Video Reflection Form**

1. What is one outcome of abstaining from sugar that you would benefit from?
2. How will you think differently before eating sugar after viewing the video?
3. With whom do you think you should share the information you learned in the video?
4. How long do you think you can go without any sugar?