**How sugar and soda effects our brain and bodies**

**Hook**

What is the first thing that pops into your mind when you hear the word sugar?

*Choose some to respond*

Raise your hand if you would like to be able to eat as much sugar as possible any time you want?

*Most likely all hands will go up*

Stand up if you are allowed to eat as much candy as you want on a regular basis?

*I hope none, but it would surprise me if a few did.*

**Content**

Does anyone in here ever feel really happy after eating candy and then a little while later feel a little cranky or want more candy really badly?

That is the sugar talking. With your first bight or lick your tongue sends messages to the cerebral cortex analyzing if you should eat more? And the answer is of course yet, because the taste was so wonderful and relaxing that dopamine was released giving a high which many seek over and over again.

This can happen with and foods and can be a good thing for foods that create a healthy diet but for those whom consume a high sugar diet your body is going to go into overdrive and continue to crave more and become addicted. Much like what takes place in anything someone can become addicted to.

Do you know how much sugar a child is supposed to have in one day? An adult?

*12 grams for a child and 25 grams for an adult*

**Activity**

I am going to show you a serving of a few foods and I want you to guess how many grams of sugar are in each. You could also have them scoop out the sugar into a bowl so they can see what it looks like.

|  |  |  |
| --- | --- | --- |
| Food  | Portion size | Grams of sugar |
| Fruit loops | ¾ C.  | 11 g. |
| Snickers | 2 small bars | 18 g.  |
| Mountain Dew | 8 oz. | 31 g. |
| Apple Juice | 8 oz. 100% juice | 27 g. |
| Ketchup | 1Tbl. spoon | 4 . |
| Dum Dum | 3 suckers | 11g. |

So, the next time your mom says no more sugar you have an idea of why. You have probably had your sugar allotment for the day.

**Additional idea**

Write down a simple meal that a kid might eat and then have the kids figure out how much sugar they would consume in a day if they ate those foods.