

SUGAR WARS



Objectives:

- ✓ Understand healthy food choices.
- ✓ Understand and define sugar vocabulary.
- ✓ Understand how to identify added sugars, serving size, and serving per container on a food label.
- ✓ Determine the amount of sugar in sweetened beverages.
- ✓ Understand how too much sugar can impact health.

Introduction:

How much added sugar are you eating or drinking? Do you know? The New Dietary Guidelines for Americans recommend you get less than 10% of your calories from added sugars. That amount can vary from person to person. For example, an 85 pound 9 year old boy consuming 1200 calories can have a maximum of 7.5 teaspoons of added sugar a day. An adult woman consuming 1500 calories a day can consume a maximum of 9 teaspoons of added sugar a day.

Vocabulary

First, you need to know your sugar vocabulary.

Sugar - generalized name for sweet, short-chain, soluble carbohydrates, many of which are used in food.

Added Sugar - Added sugars are sugars and syrups that are added to foods or beverages when they are processed or prepared.

Natural Sugar – Naturally occurring sugar in milk or fruit

Calorie – a measurement of the amount of energy in food

Serving Size - the amount of a food or drink that is recommended by the manufacturer on a food label

Servings per Container – the amount of servings in a container listed on a food label

Ingredients - The ingredient list on a food label is the listing of each ingredient in a product. The ingredient that is listed first is the most predominant in the product.

Grams – Metric unit used to measure nutrients in food.

Activity:

Hypothesize how much sugar is in the drinks provided.

Calculate & measure the amount of sugar in a product by looking at the serving size on a food label.

Graph the actual amount of sugar in selected beverages.

Materials:

- ✓ Food Label
- ✓ 100% juice box, flavored and unflavored milk, coke, sprite, Capri Sun, water
- ✓ Sugar
- ✓ Teaspoons or sugar cubes
- ✓ Handouts (calculation sheet for grades 3 & above)

Set Up Suggestions:

- ✓ Make it fun and dress up like a Star Wars character.
- ✓ Have one of the students wear black and a Darth Vader mask and have them assist you as “Darth Sugar”.
- ✓ Bring a toy light saber to point to the different drinks or the smartboard.
- ✓ Set up drinks where students cannot see the food labels on a table and place name cards in front of the drinks.
- ✓ Have students come to “hypothesize” a few at a time with supervision.

Evidence Based Sources:

Consumption of Added Sugar Among U.S. Children and Adolescents, 2005–2008
<http://www.cdc.gov/nchs/data/databriefs/db87.htm#x2013;2008>

2015-2020 Dietary Guidelines for Americans

<http://www.cnpp.usda.gov/2015-2020-dietary-guidelines-americans>

Choose MyPlate

<http://www.choosemyplate.gov/what-are-added-sugars>

American Heart Association’s Diet and Lifestyle Recommendations

https://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations_UCM_305855_Article.jsp

FDA

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/LabelingNutrition/>

SUGAR WARS



Whole Milk	
Serving Size 8 fl oz (240mL)	
Servings Per Container 2	
Amount Per Serving	
Calories 150	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 5g	25%
Cholesterol 35mg	12%
Sodium 125mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	

SUGAR VOCABULARY

SUGAR

GENERAL NAME FOR SWEET, SHORT-CHAIN, SOLUBLE CARBOHYDRATES, MANY OF WHICH ARE USED IN FOOD.

ADDED SUGAR

ADDED SUGARS ARE SUGARS AND SYRUPS THAT ARE ADDED TO FOODS OR BEVERAGES WHEN THEY ARE PROCESSED OR PREPARED.

NATURAL SUGAR

NATURALLY OCCURRING SUGAR IN MILK OR FRUIT

SERVING SIZE

THE AMOUNT OF A FOOD OR DRINK THAT IS RECOMMENDED BY THE MANUFACTURER ON A FOOD LABEL

SERVING PER CONTAINER

THE AMOUNT OF SERVINGS IN A CONTAINER LISTED ON A FOOD LABEL.

CALORIE

MEASUREMENT OF THE AMOUNT OF ENERGY IN FOOD

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GRAMS

METRIC UNIT USED TO MEASURE NUTRIENTS IN FOOD

INGREDIENTS

THE INGREDIENT LIST ON A FOOD LABEL IS THE LISTING OF EACH INGREDIENT IN A PRODUCT. THE INGREDIENT THAT IS LISTED FIRST IS THE MOST PREDOMINANT IN THE PRODUCT.

MILK

CHOCOLATE MILK

APPLE JUICE

COKE

SPRITE

CAPRI SUN

WATER

BE A SUGAR JEDI



ESTIMATE THE AMOUNT OF SUGAR YOU THINK IS IN EACH BEVERAGE.

BEVERAGE	ESTIMATED AMOUNT OF SUGAR IN TEASPOONS	ACTUAL AMOUNT OF SUGAR IN GRAMS	AMOUNT OF SUGAR IN TEASPOONS
MILK			
CHOCOLATE MILK			
APPLE JUICE			
COKE			
SPRITE			
CAPRI SUN			
WATER			

SUGAR WARS

GRAPH THE TEASPOONS OF SUGAR IN EACH BEVERAGE.

TEASPOONS OF SUGAR

12							
11							
10							
9							
8							
7							
6							
5							
4							
3							
2							
1							
TEASPOONS	MILK	CHOC MILK	APPLE JUICE	COKE	SPRITE	CAPRI SUN	WATER

BEVERAGES

SUGAR WARS

USE THE FORCE AND DETERMINE
THE AMOUNT OF SUGAR ON A FOOD LABEL

YOUNGLING LEVEL 1:

LOCATE THE GRAMS OF SUGAR ON
THE LABEL, YOU WILL.

PADAWAN LEVEL 2:

USE THE FORCE AND WRITE DOWN
THE GRAMS OF SUGAR IN A
SERVING.

GRAMS

Nutrition Facts

Serving Size 1 cup (230 g)
Servings Per Container: about 2

Amount per serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0g	0%
Sodium 960mg	40%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	
Sugars 4g	
Protein less than 4g	
Vitamin A 10%	
Vitamin C 0%	
Calcium 4%	
Iron 4%	



SUGAR JEDI KNIGHT LEVEL 3:

MUCH TO LEARN YOU STILL HAVE.

TAKE THE GRAMS AND DIVIDE BY 4 TO GET
TEASPOONS OF SUGAR PER SERVING.

_____ GRAMS \div 4 = _____ TEASPOONS OF SUGAR

SUGAR JEDI MASTER LEVEL 4:

WRITE DOWN THE ANSWER, YOU WILL.

_____ TEASPOONS OF SUGAR PER SERVING

SUGAR WARS



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