

Resource 3

Anyone for Sugar?

Country

UK

Source

Peace Child International

Age group

8-15 years old

Time

10 minutes

What you need

- Measuring spoons
- Bag of sugar
- Bowl
- Apron
- Table cloth
- Actual ingredients (optional)
- Menu list.

What to do

1) Start off with a brain storming session on how we choose which food to eat/buy. Eg. taste,addictions like sugar, smell, appearance, adverts/catchy names, cooking programmes, packaging, price, special offers, celebrity endorsements, convenience, brands, size, fat, low fat, freshness, vitamin content, expiry date. Write the group's suggestions on the board.

2) Put a circle round different groups such as Fair Trade, healthy, organic, ethical and discuss what they mean.

3) Discuss what makes food healthy

4) Ask for 2 volunteers. One will be the waiter, the other the diner.

5) Read out the menu. The more the volunteers act out the role play and make it fun with lots of commentary, the better!

6) The waiter then scoops out the sugar into the bowl.

Breakfast

- Coco Pops - 1 bowl of 10 tablespoons = 7 tsps
- Tea with sugar = 1 tsp

Break

- Kit Kat - 1 bar = 5 ½ tsps
- Can of Coke - 1 can = 7 tsps

Lunch

- Hamburger - large, with condiments, mayo-type dressing, and double patty = 10 tsps
- Baked beans - small can = 2 tsps
- Tomato ketchup - 3 tsps = ¼ tsp
- Donut - yeast leavened, glazed, (13g) = 5 tsps

Tea/Supper

- Pizza - cheese, meat, vegetables, 1/8 of 12" = 5 tsps
- Tinned peas - 170 g = 5 tsps
- Fruit yoghurt - 1 carton = 4 ½ tsps
- Squash - 1 glass = 2 ½ tsps

Snack

- Apple - raw unpeeled, 23/4" (medium sized) = 5 tsps
 - Bag of crisps - potato chips regular salted , 1 oz = 3 tsps
 - Cup of tea - unsweetened , 8 fl oz = 0 tsp
- Total - 63 ¼ teaspoons

Maximum Recommended per day

Boys - 11-14 years old

2500 calories diet

15 teaspoons

Girls - 11-14 years old

2200 calories diet

13.2 teaspoons

Conclusion

Discuss what surprised them etc.

Follow up

You have to be on your guard with sugar - especially with ready meals/package foods. Start looking at labels and packets.

Make your own food so you know exactly how much sugar you are using!

