

Session 1: Sugar and health

Learning Outcomes:

At the end of the session the group should:

- Know that you should eat only small amounts of foods high in sugar
- Know that you should not have foods high in sugar between meals
- Be able to list foods that are high in sugar
- Be aware of the health benefits of not eating sugar
- Have fun tasting foods that are low in sugar
- Have taken part in physical activity

Activities and resources:

Activity	Preparation	Resources
Sugar is bad for you	<ul style="list-style-type: none"> • Photocopy or print off sore tooth and overweight man pictures in colour 	<ul style="list-style-type: none"> • Sore tooth and overweight man pictures (page 57-58)
Eatwell guide (or activity mat)	<ul style="list-style-type: none"> • Buy items high in sugar or collect wrappers and containers to use in the exercise Or print off food photographs from SCLD website 	<ul style="list-style-type: none"> • Eatwell guide (or activity mat) • Foods high in sugar e.g. chocolate bars, cakes, biscuits, hard boiled sweets, fizzy drinks
Keep your teeth safe from sugar	Photocopy or print off clean teeth picture in colour	<ul style="list-style-type: none"> • Clean teeth picture (page 59)
Foods with sugar presentation	Run through the presentation to familiarise yourself with content	Laptop Projector “Foods with sugar” presentation (requires PowerPoint 2003)

Activity	Preparation	Resources
Sugar and diabetes	<ul style="list-style-type: none"> • Check the risk assessment forms to see if you have anyone with diabetes • Ask them if they would like to speak about their experiences • If they agree, you may need to help them think about what they will say. See notes on (page 27) for suggested content 	
Taste and try	<ul style="list-style-type: none"> • Check the risk assessment sheets to make sure that sugar free or diet foods do not interfere with anyone's medications • Check risk assessment for food allergies / preferences • Make up squashes, jellies and servings of fruit. All can be served in disposable cups • Label cups squash A, squash B etc and make sure you know which is which • Store in a fridge until required • Print off taste and try activity sheets Prepare flipchart for exercise. See (page 29) for more detail 	<ul style="list-style-type: none"> • Taste and try activity sheets (page 60-61) • Tablecloth • Disposable cups • Disposable spoons • Labels • Jugs • Trays • Sugar free squash • Squash containing sugar • Sugar free jelly • Jelly containing sugar • Tinned fruit in syrup • Tinned fruit in fruit juice • Artificial sweetener • Flip chart and pens

Activity	Preparation	Resources
Physical activity	<ul style="list-style-type: none">• Check the risk assessment sheets to make sure that groups can do the exercise that is suggested• Plan a walk or a physical activity you can do with the group	<ul style="list-style-type: none">• “You can do it” from http://vimeo.com/21292481• Find out if your local authority has activities or facilities that you can access

Session 1: Sugar and health

Sugar is bad for you

The purpose of this exercise is to:

- Be aware of the health benefits of not eating sugar

Ask the group:

What happens if you eat too much sugar?

Answers:

- You can get sore teeth
- You can put on weight or get fatter

Show toothache picture (page 57) and hold a discussion around teeth.

Here are some questions that will help discussion:

1. Who has been to the dentist?
2. Have you ever had toothache?
3. How did it make you feel?
4. How do you feel about going to get fillings?
5. How do you feel about getting a tooth taken out?

Show overweight man picture (page 58) and hold a discussion around putting on weight.

Here are some questions that will help discussion:

1. How can putting on weight affect your health?
2. Does putting on weight stop you doing things?
3. Has anyone been to see the Doctor about their weight?

Putting on weight can make other conditions worse like heart disease, diabetes and arthritis.

Eatwell guide (or activity mat) activity

The purpose of this exercise is to:

- Know that you should eat only small amounts of foods high in sugar
- Be able to list foods that are high in sugar

Lay out the foods (or wrappers / containers or food photographs) high in sugar on a table.

For example:

- Chocolate bars
- Cakes
- Biscuits
- Sweets
- Sweet fizzy drinks
- Ice cream

Invite each learner to choose a food and place it on the eatwell guide (or activity mat). Ask them to think about which section of the mat it should go onto. If they are not sure ask the rest of the group to help them.

The foods should go outside the eatwell guide (or into the purple section, if using the older 'plate' version of the eatwell activity mat), foods and drinks high in fat and/or sugar.

Explain that people should only have small amounts of these foods since they belong to the smallest section on the mat (or are outside the guide).

Keeping your teeth safe from sugar

The purpose of this exercise is to:

Know that you should eat only small amounts of foods high in sugar

Know that you should not have foods high in sugar between meals

Be aware of the health benefits of not eating sugar

Show the brush teeth picture (page 59) to the group and ask how do we keep our teeth healthy?

- Eat less sugar (eat less foods high in sugar and/or add less sugar to tea, coffee etc.)
- Eat sugar less often in the day, such as between meals. Explain that it is better to eat sugary foods and drinks with a meal rather than as a snack.
- Brush your teeth regularly

Doing these 3 things will also keep your gums healthier.

Foods with sugar presentation

The purpose of this exercise is to:

- Know that you should eat only small amounts of foods high in sugar
- Know that you should not have foods high in sugar between meals
- Be able to list foods that are high in sugar
- Be aware of the health benefits of not eating sugar

Have the PowerPoint presentation “Foods with Sugar” ready

Suggestion: During the presentation learners may like to go and point to individual foods. You can also use this presentation to review and revisit learning points for the sugar section at a later date.

Begin by looking at what can happen if you eat too many foods with sugar in them.

1. Left click or press return and a man will appear.
2. Left click or press return and some sweets will appear. Ask the group: <ul style="list-style-type: none">• What do you see?• Do you think they have lots of sugar in them? Sweets have lots of sugar in them

3. Left click or press return and the man gets fatter. Ask the group: <ul style="list-style-type: none">• What happened?
4. Left click or press return on the keyboard and some sugary cereal appears. Ask the group: <ul style="list-style-type: none">• What do you see?
5. Left click or press return on the keyboard and the man gets fatter. Ask the group: <ul style="list-style-type: none">• What happened to the man?
6. Left click or press return on the keyboard and a fizzy drink can appears. Ask the group: <ul style="list-style-type: none">• What do you see?• Do you think fizzy drinks have a lot of sugar in them? Fizzy drinks have lots of sugar in them (more of this later).
7. Left click or press return on the keyboard and the man gets fatter. <ul style="list-style-type: none">• Explain to the group that if the man eats lots of sweets, sugary cereals and fizzy drinks he will continue to put weight on.
8. Left click or press return on the keyboard to show a cake. Ask the group: <ul style="list-style-type: none">• What do you see?
9. Left click or press return on the keyboard and the man gets fatter. Ask the group: <ul style="list-style-type: none">• What happened?
10. Left click or press return on the keyboard to show an ice cream. Ask the group: <ul style="list-style-type: none">• What do you see?• What do you think will happen to the man?
11. Left click or press return on the keyboard and the man gets fatter.

12. Left click or press return on the keyboard to show a biscuit. Ask the group:

- What do you see?
- What do you think will happen to the man?

13. Left click or press return on the keyboard and the man gets fatter

- Explain to the group that if the man keeps eating lots of sweets, sugary cereals, fizzy drinks, cakes, ice cream and biscuits he will continue to put weight on.

14. Left click or press return on the keyboard and a bar of chocolate appears. Ask the group:

- What do you see?

15. Left click or press return on the keyboard and the man gets fatter.

Have a discussion around foods that are high in sugar. Use the following questions to help.

- Which foods do you like that are shown on this slide?
- How often do you eat them?
- Do you think you should eat more or less of them?

Advise that our bodies need a balance of foods without too much sugar, to stay slim and healthy.

Remind the learners

- That you should eat only small amounts of foods high in sugar
- You should not have foods high in sugar between meals.

Continue the slide show by left clicking the mouse or pressing return. This will take you to slide 2 which is about foods high in sugar and their effect on teeth.

1. Left click or press return on the keyboard and some sweets will appear. Ask the group:

- If you eat lots of sweets what might this do to our teeth?
It is not good for our teeth, we may get toothache, need fillings or they might even fall out.

2. Left click or press return on the keyboard and a tooth is missing

3. Left click or press return on the keyboard and some sugary cereal appears. Ask the group:

- If you eat lots of sugary cereals what do you think may happen to the teeth?
It is not good for our teeth, we may get toothache, need fillings or they might even fall out.

4. Left click or press return on the keyboard and 2 more teeth are missing. Ask the group:

- What happened?

5. Left click or press return on the keyboard and a fizzy drink can appears. Ask the group:

- What do you see?
- Do you think drinking lots of fizzy drinks is good for your teeth?
No, there is lots of sugar in fizzy drinks which is not good for your teeth.

6. Left click or press return on the keyboard and some more teeth come out.

- Explain to the group that if you eat lots of sweets, sugary cereals and fizzy drinks it is not good for your teeth.

7. Left click or press return on the keyboard to show a cake. Ask the group:

- What do you see?

8. Left click or press return on the keyboard and some more teeth fall out. Ask the group:

- What happened?

9. Left click or press return on the keyboard to show an ice cream.

- Ask the group what do you see?
- Ask the group what do you think will happen to the teeth?

10. Left click or press return on the keyboard and more teeth fall out.

11. Left click or press return on the keyboard to show a biscuit

- Ask the group what do you see?

12. Left click or press return on the keyboard and even more teeth are missing.

- Explain to the group that if the man keeps eating sweets, sugary cereals, fizzy drinks, cakes, ice cream and biscuits he will continue to have problems with his teeth.

13. Left click or press return on the keyboard and a bar of chocolate appears. Ask the group:

- What do you see?

14. Left click or press return on the keyboard and there are no teeth left.

Ask the group:

What can we do to keep our teeth healthy?

- Eat less sugar (eat less foods high in sugar and/or add less sugar to tea, coffee etc.)
- Eat sugar less often in the day, such as between meals. Explain that it is better to eat sugary foods and drinks with a meal rather than as a snack.
- Brush your teeth regularly

Continue the slide show by left clicking the mouse or pressing return. This will take you to slide 3 which is about healthy foods. These are foods that you could eat instead of sugary foods which will help you to stay healthy and lose weight.

<p>1. Left click or press return on the keyboard and brown bread appears. Ask the group:</p> <ul style="list-style-type: none">• What do you see?• Brown bread is a healthy food which will keep you full for longer.
<p>2. Left click or press return on the keyboard and the man becomes a little slimmer. Ask the group:</p> <ul style="list-style-type: none">• What happened to the man?
<p>3. Left click or press return on the keyboard and a bowl of bran cereal appears. Ask the group:</p> <ul style="list-style-type: none">• What do you see?
<p>4. Left click or press return on the keyboard and the man loses a little more weight.</p>
<p>5. Left click or press return on the keyboard to show some rice. Ask the group:</p> <ul style="list-style-type: none">• What do you see?
<p>6. Left click or press return on the keyboard and the man becomes slimmer still.</p>

7. Left click or press return on the keyboard and some vegetables are shown. Ask the group:

- What do you see?
- If this man continues to swap vegetables instead of more sugary food, what do you think will happen to the man?

8. Left click or press return on the keyboard and the man becomes slimmer.

9. Left click or press return on the keyboard and a plate of fruit appears. Left click or return again and some dried fruit appears. Ask the group:

- Do you eat fruit?
- Have you tried dried fruit?
Eating fruit instead of sweets and chocolate is a really healthy food swap to make.

10. Left click or press return on the keyboard and the man loses some more weight.

11. Left click or press return on the keyboard and a can of diet fizzy drink appears. Ask the group:

- What do you see?
- Does anyone drink diet versions of fizzy drinks?

12. Left click or press return on the keyboard and the man gets slimmer.
13. Left click or press return on the keyboard and a bottle of skimmed (red top) milk appears. Ask the group: <ul style="list-style-type: none">• What do you see?• Has anyone tried skimmed (red top) milk?
14. Left click or press return on the keyboard and low fat yoghurt appears. Ask the group: <ul style="list-style-type: none">• What do you see?• If this man continues to eat all of these healthy options instead of more sugary food, what do you think will happen to the man?
15. Left click or press return on the keyboard and the man becomes slimmer.

Too much sugar and sweet foods like cakes, biscuits, puddings and sweet drinks make you put on weight and does not help your health. Ask the following questions:

- Which foods do you like that are shown on this slide?
- How often do you eat them?
- Do you think you should eat more or less of them?

Remind the learners:

- That you should eat only small amounts of foods high in sugar.

Sugar and diabetes

Too much sugar in your food increases your weight and can lead to Diabetes. When you have Diabetes too much sugar is building up in your blood. It can make you feel tired and very thirsty. One of the main things people with Diabetes have to do is cut down on sugar and sweet foods.

If you have a learner on the course that has Diabetes, invite them to talk about their experience here. Questions you could ask to draw out information:

- Which foods did you find difficult to cut down when you found out you had Diabetes?
- How did you make the changes?
- How did you feel when you become a Diabetic?
- How do you feel now?

Taste and Try

The purpose of this exercise is to:

- Be able to list foods that are high in sugar
- Be aware of the health benefits of not eating sugar
- Have fun tasting foods that are low in sugar

Explain to the group that we are going to have fun tasting foods which are either low or high in sugar.

Split into discussion groups of 3 – 4 people. Groups can call themselves a fun name if they wish to.

Give the following instructions:

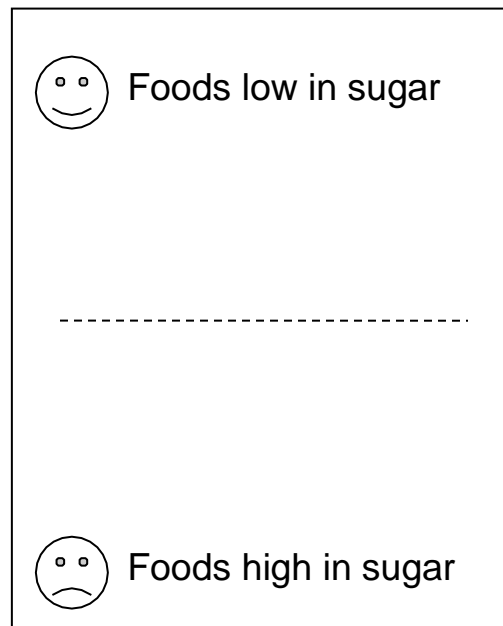
- You will all be taste testing a variety of different foods and drinks.
- Each food type you taste will have 2 versions, one with sugar and one with no sugar or much less sugar.
- When you have tasted each version, have a chat in your groups and decide which one was low in sugar and which one was high in sugar.
- Give out taste and try sugar activity sheet (page 60-61). Explain once you have decided whether it is high in sugar or low in sugar you can draw, write or put the cup on either the high in sugar page or low in sugar page.
- When you have tasted everything and decided on your answers we will come back together as a large group and discuss what everyone thought.

Bring out the foods to be tasted. We suggest the following but you could add your own:

Sugar-free squash	- Serve in disposable cups
Squash containing sugar	- Serve in disposable cups
Sugar-free jelly	- Serve in disposable cups with disposable spoons
Jelly containing sugar	- Serve in disposable cups with disposable spoons
Tinned fruit in natural juice	- Serve in disposable cups with disposable spoons
Tinned fruit in syrup	- Serve in disposable cups with disposable spoons

For large group discussion:

- Prepare flip chart like this



- Tear the flip chart off and place on table or floor where all in the group can see
- Go through the foods and drinks tasted and discuss whether the groups thought they were high in sugar or low in sugar
- Reveal the answers to the group and use the bottles, cartons and containers left from the tasting exercise and put them on the flip chart in the correct place (high or low in sugar) to demonstrate the answers

Things to talk about when going through the answers:

- Sugar free squash is sweetened with artificial sweetener. Show example of artificial sweetener which can be used in tea, coffee or added to puddings like custard
- Jelly - talk about the taste results. How did the sugar free one score? Sugar free is the healthier option when shopping. Also look out for other sugar free desserts in the desserts part of the supermarket e.g. sugar free mousse and angel delight
- Fruit in natural juice - usually fruit is canned in apple juice or grape juice. It gives extra vitamin C, which you don't get from fruit in syrup. Vitamin C is important to keep you healthy, it prevents anaemia which makes you tired and pale. It is also soft so is a good alternative if you have problems with chewing harder things like an apple.

Physical Activity

The purpose of this exercise is to:

- Have taken part in physical activity

Encourage the group do some exercise. You could:

- Go for a walk

Suggestion:

Why not ask the group what they would like to do for next time? If you have time you could watch the “You can do it” SCLD video - <http://vimeo.com/21292481>) to get some ideas or talk to your local authority to find out if they run accessible physical activities.