

In Class Activities: Food Demonstrations

1. Comparing real food VS. soda/energy drinks & the sugar they contain

Option 1: Bring in a 20oz bottle of soda (i.e. coke, pepsi, or mountain dew) and have it pre-filled with table sugar or demo filling it with sugar in class, corresponding to the amount of sugar listed on the label.

Ex. A 20oz bottle of Coke has 65 grams of sugar, that would lead to > 16 teaspoons of sugar.

Note: 4 grams of sugar = 1 teaspoon.

Option 2: Energy drinks can also be demoed by dumping tsp of sugar and full cups of coffee in the can to indicate all the “stuff” it contains. Be sure to mention all the other ingredients that may also be added when it comes to energy drinks.

Ex. A 16oz can has ~54 grams of sugar, & also contains ~ 200 grams of caffeine

This would equal ~13.5 teaspoons of sugar and ~ 3-4 cups of coffee.

You can then bring in some simple foods such as apples or berries to show how much food it would take to equal the amount of sugar in that product.

You could also compare calories or amount of fiber found in these products for further education.

4 apples (4 oz each) ~ 60 grams of sugar

5 cups of strawberries ~ 60 grams of sugar

2. Food portions using simple tools

If food models are available, utilize them during Chapter 2 and ensure they are passed around for all learners to see and identify with.

OR

Using available resources - Bring in a paper plate and have the following materials on it: at least 2 tennis balls/ racquetballs, as well as a deck of cards/smart phone.

Explain that this plate identifies what the recommended portions of someones meal would be, indicating that a tennis ball can be used to approximately visualize a cup of many groups including grains, vegetables, and fruits.

A deck of cards represents 3-4 oz of meat. (would we ever expect this portion of meat when eating at a restaurant?) Discuss the challenges this represents (Chapter 6)

NOFFS also provides multiple visuals and resources for this message.

