**Sugar Shockers Activity Guide**

The purpose of this activity is to teach all ages about the amounts of sugar that can be found in common foods and drinks. A kit can be assembled with any food or drink item as long as you can determine grams of sugar in the item.

To assemble a kit you need to gather popular food and drink items, a box of sugar cubes, ziplock bags and a permanent marker.

A Sample food list is below:

Strawberry Pop Tarts

Cherry Gelatin Desert

Skittles

Starburst

Snickers

Reese’s

Coca-Cola

Cheerios

Froot Loops

Oreos

Vitamin Water

Once you have the food/drinks, check the nutrition facts section to determine the amount of sugar in grams in the particular food/drink that you are using. Once you know how many grams are either in the package, or a serving, do the math to see how many sugar cubes is equivalent to the amount. Most standard sugar cubes are 4 grams each. You can either round up to the nearest whole sugar cube or cut them down to equal what you need. Make sure to label the bags as you go to prevent confusion later. To make the game challenging, give each bag a number and note how many grams of sugar are in it. (Optional: hot glue the sugar cubes together to make them easier to see.) Make a key for the facilitator of the activity with the item, bag number and amount (in grams) of sugar.

A key would look something like this

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Bag Number | Number of Sugar Cubes | Sugar (in Grams) |
| Pop Tarts Strawberry(2 Pastries) | 3 | 8 | 32g  |
| Cherry Gelatin Desert(1 serving ¼ package) | 4 | 4.75 | 19g |
| Skittles(1 bag) | 5 | 11.5 | 46g |
| Starburst (1 package) | 6 | 8.25  | 33g |
| Snickers(1 bar) | 7 | 6.75 | 27g |
| Reese’s (1 package, 2 cups)  | 8 | 5.25 | 21g |
| Coca-Cola (1 can)  | 9 | 9.75 | 39g |
| Cheerios(1 Container) | 10 | .5 | 2g |
| Froot Loops(1 Container) | 11 | 4.5 | 18g |
| Oreos (3 cookies, 1 serving) | 12 | 3.5 | 14g |
| Vitamin Water(1 bottle) | 13 | 8 | 32g |

This kit can be used in many ways. Each item and the corresponding bags can be set on a table simply for people to see, or…. It can be used as a game with many variations. One involves a large group of people and each person receives either a bag of sugar cubes or a food/drink item and talks to others involved trying to find who has the match for their item/bag. Of course, groups can come up with their own variations of the game.