

JUST ONE SODA A DAY

- Knowledge** After working through this lesson, participants will be able to:
- Attitude**
- Practice**
1. Explain how much sugar one soda contains.
 2. Explain how drinking one soda per day leads to a weight gain of 7 kilograms in a year.
 3. Name some health problems related to being overweight.

Overview This lesson can be used along with health fairs, or to teach about healthy lifestyles and obesity and overweight. This is a lesson for children, but it can also be used with adults. The material is adapted from Health Education Program for Developing Communities, at http://www.hepfdc.org/Health_Screening.html.

The Just One Soda per Day illustrations can be used to illustrate this lesson.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
 - Handouts:
 - *Just One Soda Per Day*

LESSON

45 minutes

Soda (5 minutes)

- A.** Show a can of soda. Do you like soda? (Use your local term: soda, pop, soft drinks, etc.)
1. Yes! It tastes good.
 2. Yes! It gives me energy.
 3. Sometimes.
- B.** How many sodas do you drink each day?
1. One
 2. Two or three
 3. Sometimes more
 4. I don't drink soda.

Just One Soda a Day (10 minutes)

Instructions: Work together in groups of three or four people. Give each group a 12-ounce (354 ml) can of soda.

- A.** Look on the label on the side of the can. How many grams of sugar does the soda contain?
1. One twelve-ounce soda usually contains about 45 grams of sugar.
- B.** Four grams is the same as one teaspoon of sugar. So how many teaspoons of sugar does the soda contain?
1. One can of soda has 45 grams of sugar.
 2. 45 grams of sugar is the same as 10 or 12 teaspoons of sugar.
- C.** Show a one-kilo bag of sugar. If you drink just one soda per day for a year, at the end of the year how many 1-kilo bags of sugar will you have consumed?
1. Two bags?

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2. Five bags?
 3. Ten bags?
 4. Twelve bags?
 5. Sixteen bags?
 6. I don't know
- D.** The correct answer is sixteen 1-kilo bags of sugar. How many kilograms of sugar is that?
1. That is over 16 kilos of sugar.

What Happens to all that Sugar? (5 minutes)

Instructions: Discuss in large group.

- A.** If you drink one soda a day for a year, you will consume over 16 kilograms of sugar.
1. One soda per day = 16 kilograms of sugar per year.
- B.** What happens to all that sugar?
1. Your body burns off some of the sugar through exercise and physical activity.
 2. But the extra calories are stored as body fat.
 3. If you drink just one soda per day for a year, you will gain weight.
- C.** How much weight will you gain if you drink one soda per day for a year?
1. Two kilograms?
 2. Five kilos?
 3. Seven kilos?
 4. I don't know.
- D.** If you drink one soda per day for a year, you will gain seven or more kg.

Weight Gained from One Soda Per Day (15 minutes)

- A.** What would it be like if you gained 7 kilos? Ask for several volunteers. Give each of them a backpack containing seven kilos of sugar (or sand or dirt.) Lead the entire group in some exercises. Keep on going until they get tired.
1. Demonstration
- B.** To the volunteers with the extra weight: What was it like to carry around all that extra weight?
1. We got tired easily!
 2. I am tired out.
 3. I want to take off the backpack.
- C.** What happens if you are overweight? Does being overweight cause any health problems?
1. You get tired easily.
 2. Other kids may tease you.
 3. You can get diabetes.
 4. Adults who are overweight can have heart problems and high blood pressure.
 5. It is hard on your joints.

How Big a Problem is it? (10 minutes)

Instructions: Pass out handout "Calculating Human Toll of Sugary Drinks."

- A.** What are some problems caused by sugary drinks?
1. Drinking sugary drinks may lead to many unnecessary deaths.
 2. People drinking sugary drinks are at a higher risk of dying from diabetes, heart disease and cancer.

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- B.** Which countries are at highest risk from drinking sugary drinks?
1. Mexico is highest, United States second.
 2. But other countries are at risk as well.

Just One Soda (5 minutes)

Instructions: Discuss in large group.

- A.** Suppose that a teenager drank just one 12-ounce (354 ml.) soda. How long would she have to run to burn off the calories from that soda?
1. 10 minutes?
 2. 20 minutes?
 3. 30 minutes?
 4. More than 30 minutes?
- B.** She would have to run 35 minutes to burn off the calories from that soda?
- C.** Would anyone like a soda? But to pay for it, you will have to run 35 minutes first.

I. Conclusions and Take-Away (time)

Instructions: Discuss together.

- A. What did we discover in this lesson?**
- B. What will we do with what we discovered in this lesson?**
- C. Pray together.**

References:

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

Health & Nutrition Letter, Tufts University. September 2015.

http://www.nutritionletter.tufts.edu/issues/11_9/todays-newsbytes/Calculating-Human-Toll-of-Sugary-Drinks_1791-1.html

JUST ONE SODA PER DAY



One regular soda
contains much more sugar
and causes much more weight gain
than most people realize.

You can check the soda you usually drink:
Sugar content is listed in "grams" on the label.
Four grams equal one teaspoon of sugar.

You will find that a 12-ounce regular soda
contains 10-12 teaspoons of sugar.



Using an average of 45 grams,
if you drink just one soda
per day for one year,
at the end of the year
how many of these
4 pound(1.81kg) bags
of sugar
will you have consumed?

Choose the one you think is the correct answer:



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The correct answer is...



If you drink just **one** soda per day for one year, at the end of the year you will have consumed **9** of these **4 pound (1.81 kg) bags.**

That is over **35 pounds (16 kg)** of sugar.

What do you think happens to all that sugar?

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If you drink just **one** soda per day for one year, at the end of the year you will have consumed **over 35 pounds (16 kg)** of sugar.

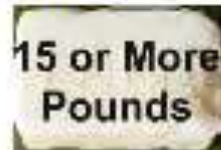
What happens to all that sugar?

Although some may be able to “burn off” those calories, many do not. And our bodies convert the excess calories into fat.



At the end of the year, how much weight do you think you could gain from just that one soda per day?

Choose the one you think is the correct answer:



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The correct answer is...

**15 or More
Pounds**

SUMMARY



If you drink just one soda per day for one year, at the end of the year you will have consumed **over 35 pounds (16 kg)** of sugar.

Our bodies convert the excess calories into fat.



So by the end of the year, you could easily gain **15 or More Pounds** (**7 or More Kg**) from just that one soda per day.

JUST ONE SODA PER DAY



One regular can of soda contains much more sugar and causes much more weight gain than most people realize.

About how many minutes would this teenager have to run to burn off the calories from just one 12 oz (354 mL) soda?



Choose the one you think is the correct answer:



0-10
Minutes



10-20
Minutes



20-30
Minutes



More than
30 Minutes

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One regular can of soda contains much more sugar and causes much more weight gain than most people realize.

About how many minutes would this teenager have to run to burn off the calories from just one 12 oz (354 mL) soda?



The correct answer is:



More than

35 Minutes