START

Reduce your sugar intake

What we eat has an impact on our lives and our health. On how we feel and learn. Consuming too much sugar is a growing problem all over the world. For this reason, there is a challenge for you to take on! Try to reduce the amount of sugar each of you eats and drinks. By how much? How? Decide on your own but remember that you should consider the needs of all group members. Also, remember that sugar (i.e. carbohydrates) is necessary for the proper functioning of your body. That is why you need to reduce sugar intake and not eliminate it completely.

STAGE 1

Empathising & identifying needs

Think about your needs and the needs of the group, ask questions and work out guidelines for the next steps

At this stage:
Think about which products that you consume every day contain sugar. Which sweets do you like most? Remember that not only candy or chocolate contain sugar. How much hidden sugar can be found in other products? Consider all meals, snacks (fruits, vegetables, yoghurt, etc.), as well as ketchup, salad dressings and other additions. Also, do not forget about beverages.

STAGE 2

Analysing needs & resources

Think about the resources you have and what you need to finish your task

At this stage:
Check how much sugar each of you consumes every day. Determine how much sugar is contained in particular products. Use nutrition data provided on the packaging or check this information on the Internet. Write down the results. Then check whether the amount of sugar you consume is within the recommended dietary allowance (RDA) — 130 grams per day. Determine by how much (in %) each of you will have to reduce sugar intake. Calculate how much it will affect the whole class. Convert percentages into grams and teaspoons of sugar (one teaspoon equals around 5 grams of sugar). Write down your decisions concerning sugar reduction:

- by each student by ..... %, ... grams, ... teaspoons,
- by the whole class by ..... %, ... grams, ... teaspoons.

META

STAGE 3

Generating ideas

Organise a brainstorming session and find solutions that meet the needs of the group

At this stage:
Think about the ways in which you can reduce your sugar intake. What can you use as replacement for your favourite sweets and snacks? Write down your ideas. Remember that the aim here is to reasonably plan a healthy and balanced diet that you can later follow on a day-to-day basis. Instead of giving up products which have a lot of sugar (it may be difficult in the long run!), try to replace them with healthier options, e.g. a chocolate bar can be replaced with a cereal bar that does not contain the glucose-fructose syrup.

STAGE 4

Prototyping

With the use of the available resources prepare sample projects based on your ideas

At this stage:
out of all the proposed ideas, choose the one that will make it possible to meet your goals and that will be the easiest to implement. Decide on the specific changes you want to introduce in your daily meal plans. Calculate the expected results. By how much (in %, grams, teaspoons of sugar) will each of you reduce his/her sugar intake? How will it affect the whole class?

STAGE 5

Testing

Test the selected ideas

At this stage:
present your ideas to the rest of the class and jointly decide which one will be the most suitable for all of you. If possible, implement some of the ideas. During the next class (e.g. in a week's time), check to what extent you were able to follow the plan.

Congratulations! You have shown that you can reduce the amount of sugar you consume and lead a healthier life!