

SUGAR – WHAT’S IN YOUR FOOD COURSE LEARNING WORKBOOK



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SUGAR – WHAT'S IN YOUR FOOD—COURSE LEARNING WORKBOOK

ACTIVITY QUESTIONS AND ADDITIONAL ASSIGNMENTS

This course includes "55 activity questions" designed to help you present your results. We recommend completing the questions as you go through the course. The questions will guide you through each lesson, help reinforce and check your understanding of the material.

— Questions 1-20 will prepare you for the final exam.

— **In addition to the 55 questions, there are external** webinar, video, **audio,** and/or article **links (∞) that also have questions. These questions are not on the exam.**

LESSON 1—SUGAR DEFINED

1. Explain how plants make sugar.

2. Explain why sugar is much cheaper today.

3. Define sucrose.

4. Define fructose

5. Define lactose.

6. Define saccharides.

7. List three types of saccharides and explain each.

8. What is the chemical formula for sugar?

LESSON 2—WHITE AND BROWN SUGAR

9. List four different types of speciality white sugars.

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LESSON 3—SUGARS AND YOUR DIET

10. List ten foods with added sugars.

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11. Why do you need to look carefully at hidden ingredients on food labels?

LESSON 4—HOW MUCH SUGAR

12. List four health problems that come from consuming too much sugar.

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13. In 2015 the World Health Organization (WHO) published new guidelines recommending that adults and children alike reduce their consumption of free sugars.

What sugars were these?

LESSON 5—SUGAR CONTENT IN COMMON FOODS AND DRINKS

14. List five soft drinks and how much sugar they contain.

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15. List five chocolate bars and how much sugar they contain.

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16. List 10 breakfast cereals and how much sugar they contain.

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17. List 10 fruits and how much sugar they contain.

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18. List 10 cakes and/or desserts and how much sugar they contain.

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LESSON 6—RESEARCH—CONSUMING TOO MUCH ADDED SUGAR

19. According to the American Heart Association why do you need to monitor your sugar intake? See the top of the lesson.

20. See Study 6. Explain what the scientists at Cincinnati Children's Hospital Medical Center found.

Additional Assignments - These questions are not on the exam.

— As mentioned above, in addition to the 55 questions, there are “Additional Assignment Questions” provided below - these questions are not on the exam.

— The main purpose of the external webinar, video, **audio**, and/or article links is to watch, listen, or read them and increase and reinforce your knowledge of the course subject matter and extend your learning into other areas of health and wellness as well. The external links also increase student engagement and interaction and discussion with peers and others.

— Some of the **external** external webinar, video, **audio**, and/or article **links** will have advertisements.

— The webinar, video, and/or audio links also offer you the flexibility to pause, rewind, or skip parts if you would like to. With the articles, you can re-read them as many times as you like.

The external links are more for you to write, draw, and discuss what you have learned.

There are a number of things you can do to process and learn from the external links to

help you learn the information. For example, write down keywords that you learn on index cards or in your notes. Then review this and any other notes you took.

— Also, draw pictures to help you recall keywords. [Research](#) says drawing pictures may help you remember better boost memory and challenge students to explore the materials in different ways.

— You might find that some of the external links are similar in what they provide in learning. This will help retention and reinforce the material more.

— Take your time through the videos/articles - pausing as often as you like - to engage more with the content and enhance learning processes.

— Discuss what else you learned. Discussion helps you think about what you learned more.

ADDITIONAL EXTERNAL LINKS - VIDEOS//ARTICLES **MORE COURSE ACTIVITY QUESTIONS**

External Link Assignments Quick Steps

— Click on the external webinar/video/article links (∞) below.

— Key Points: Identify core sections.

— Webinars/Videos: Pause, rewind, and rewatch.

— Take notes.

— In addition to any questions below, write and discuss what you have learned from each external link.

(∞) Questions from the video: [Sugar: The Bitter Truth](#) - 1 hour and 29 minutes

21. Who invented fructose and when?

22. When did fructose come to the U.S.?

23. When was LDL discovered?

24. What is LDL?

25. What is HDL?

26. Why does dietary fat Increase your LDL?

27. What causes CVD?

28. What is the sweetness of fructose?

29. What is the sweetness of glucose?

• After watching this video, research the web to find recent advances and new studies related to fructose. What did you find?

(∞) Questions from the video: [Sugar, metabolic syndrome, and cancer](#) - 57:41 minutes

30. What school district did they eliminate 270,000 pounds from?

31. What cancers are specific to obesity?

32. What are some reasons obesity predisposes you to cancer?

33. Is diabetes going up faster than obesity?

34. What percent of people are obese in the United States?

35. What are telomeres?

36. Do normal weight people get diabetes?

37. What is ultra-processed food mostly made of?

38. What is it about fast food that causes weight gain?

39. What percentage of Americans have fatty liver disease?

40. What is the reason oxidative stress occurs faster with fructose?

(∞) Questions from the article: [Top 10 Foods Highest in Fructose](#).

41. What is fructose?

42. Why is fructose added to food?

43. List 10 foods that are high in added fructose.

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44. What are the potential health effects of added fructose?

(∞) Questions from the article: [How Is Fructose Bad for You? High Fructose Fruits Chart](#)

45. What is Ghrelin?

46. Glucose activates the reward circuits in the brain, increasing sugar cravings throughout the day. Answer True or False.

47. Fructose increase the risk of weight gain. Answer True or False.

(∞) Questions from the article: [Too Much Added Sugar May Affect Your Immune System](#)

48. How can you reduce your added sugar intake?

49. Whole fruits are rich in fiber and vitamins. Answer True or False.

(∞) Questions from the article: [Is fructose bad for you? Benefits, risks, and other sugars](#)

50. Fructose plus glucose is called _____.

51. Licorice naturally high in fructose? Answer True or False.

52. Fructose is naturally present in many fruits and vegetables. Answer True or False.

(∞) [Are Any of Those “Healthy” Sugar Alternatives Better for You?](#)

53. Write and discuss everything that you learned in this article.

(∞) [Why is sugar \(fructose\) addictive? – With Dr. Robert Lustig](#) - 9:02 minutes

54. Write and discuss everything that you learned in this video.

(∞) [Dr. Greger's Daily Dozen Checklist](#) - 8:37 minutes

55. Make healthy eating part of your daily routine. Write and discuss everything that you learned in this video.

Course Elective Authentic Learning Assignments

Use the list below as a starter to help you create your ideas.

These activities are excellent for student participation in a classroom. They also will encourage and expand your learning. You can also use the activities with your clients as part of your session.

These activities give all participants a chance to apply their knowledge or skills to real-world and real-life situations.

The examples below are written for students. Simply change the words and apply it to your learning or activities for your client sessions.

- Public Speaking: After reading each external link article from the course students can take turns speaking about 1-2 things they learned from each article.
- Writing Skills Improvement While Learning: Write an essay on the "Effects of Excessive Sugar Intake" in the human body.
- Then have students talk about the essays in class.
- Assignment of the day/week: "What's happening in the world today about sugar?" Have students apply what they learned and search other articles, videos, and/or podcasts
- Journaling: Frequent use of journals will help students express ideas and document experiences, and create their healthy eating plans.

Step 1: Do a food journal for the week. Log the amount of sugar you consume from your food and drinks daily.

Step 2: Now study your home diet for 10 days even further.

Step 3: Again, list any foods you eat with added sugar

Step 4: How can you limit the added sugar in your diet?

Step 5: What foods did you eliminate and what foods replaced the foods you eliminated?

- Art Skills: Draw and/or make a word wall with the different words learned from the course.
- movement and literacy skills: Spark creativity with movement to music to improve literacy skills.
- Creative Stories: Reenact a story to see what students understood and remembered.

