

THE SUGAR IS RIGHT GAME SHOW

Nutrition Based Activity for a School-Wide Assembly

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SUMMARY

This is a two-part activity where students will apply what they have learned through WinterKids nutrition lessons to identify healthy foods and those that have added sugar. First, they will complete an assessment to qualify to compete in The Sugar is Right game. The Sugar is Right game show then takes place at a school-wide assembly.

OBJECTIVES

1. Students will identify healthy food choices by answering questions to qualify for game show competition.
2. Selected students will compete in a game show partnering with another student to choose foods with low added sugar.

MATERIALS

- Use Kahoot or Quizizz to create a 10 to 15 question test about healthy food choices.
- A variety of different foods (about 20) that have high or low added sugar. Snack foods preferred.
- Utilize WinterKids Nutrition Bucks or use play money
- Index cards
- Student whiteboards and materials

CONTINUED...

SET UP

- Display snacks on a table with an index card in front of it with its added sugar noted.
Use another index card in front of it to cover the information.
- Use a podium and microphone for the game show host, if available.
- Have seating with a whiteboard set up for each team
- Design and make a set to add to the game show atmosphere (optional)

PROCEDURE

1. Students take the Kahoot or Quizizz quiz. The student with the highest points for the grade is chosen to compete.
2. Student grade level winners are paired (5-K, 4-1, 3-2) to create three teams.
3. Each team is given \$15 in nutrition/play money. Dollars correlate to the added grams of sugar in an item. Each team must choose three items that will not go over the allotted dollar amount.
4. Teams record their choices on a whiteboard.
5. Teams share what they chose and why with the game show host.
6. Host removes the index card of each item to reveal the added sugar in grams. Discuss why snacks that have sugar added are less healthy than natural sugar foods.
7. Teams and host add the total grams/dollars to see if the total of their chosen items exceeds their allotted amount.
8. Teams that did not exceed their sugar limit win!



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<https://winterkids.org/product/winterkids-guide-to-active-outdoor-learning-goal/>