



Lifelong
Learning
Programme



WOMEN'STEC
Enabling women into non-traditional employment

Hidden sugar in food

I) Introduction

The aim of this syllabus is to identify the hidden sugars in food, the hidden messages in advertisements and labelling of food.

It's the sugar rather than the fat in our diets that's contributing to our society's obesity problems.

The instant 'lift' we get from sugar is one of the reasons we turn to it at times of celebration or when we crave comfort and reward. However, even those of us without a sweet tooth may be eating more than we realise because so many everyday processed foods, from cereals and bread to pasta sauce and soups contain sugar.

Most kids have a sweet tooth. Chocolate, sweets and ice cream are firm favourites for many and it's relatively easy for parents to limit these to occasional treats but there are hidden sugars in foods you may not be aware of.

Sugar isn't all bad. It's naturally occurring in many foods and makes foods taste nicer. The body needs carbohydrates for energy and sugar is a source of carbohydrates.

It's only a problem if we have too much sugar, too often.

Sugar has few nutrients but plenty of calories, so too much of it makes your children's diet less healthy. It's also incredibly easy to overeat sugary foods.

Target Group- Teachers and parents

Duration- 4 hours per session- delivered over 8 sessions

Useful links:

<http://www.tescolive.com/health-and-wellbeing/healthy-eating/2013/october/how-to-avoid-hidden-sugars>

<http://www.nhs.uk/livewell/goodfood/pages/sugars.aspx>

<http://www.parenting.com/article/hidden-sugar>

<http://medicalxpress.com/news/2015-01-school-cafeterias-technology-healthy-card.html>

www.womenstec.org (Euro project tab).

II) Course overview and objectives

- **Recognising hidden sugars**
- **Good sugars and bad sugars**
- **Instilling healthy eating habits with students**
- **Understanding effects of too much sugar**
- **Teaching students how to read labels and food wrapping**

III) Content of course

1. PowerPoint presentation on course objectives

This will give the teachers/learner a clear understanding of what the course entails and what we would like to know more about.

2. Encouraging behaviour and better options for the children

Learning through health and wellbeing promotes confidence, independent thinking and positive attitudes and dispositions.

Because of this, it is the responsibility of every teacher to contribute to learning and development in this area.

3. Identifying bad sugars on labels

Careful reading of labels is necessary to know how much added sugar you are getting.

4. Recipes for students and alternatives/ tips and suggestions

Workshop around ideas on what new foods to bring the canteen for children as an alternative to high sugar foods.

IV) Learning activities

Every session will be highly informative to us as team as it will benefit the student's lives and hopefully they can pass down the information to their families and friends.

The key learning in these workshops is to educate the teachers and students of our communities so that we can sustain and live a healthier lifestyle...

V) Recommended readings.

Description	Links
Healthy sugar levels for children	http://www.livestrong.com/article/28521-glucose-levels-children/
Blood sugar levels, and diabetics...	http://www.diabetes.co.uk/diabetes_care/blood-sugar-level-ranges.html
Kids health	http://kidshealth.org/parent/diabetes_center/meds_m

	onitoring/track_blood_sugar.html
Recipes for children	http://kidshealth.org/parent/recipes/