

Knock Out Sugar Pledge

Activity

Resource: Ideas for Action

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

What Is it All About?

Students pledge to not drink any sugary drinks over the duration of the challenge.

Why Do It?

Sometimes we don't realise how many sugar drinks we have until we take a closer look. This challenge helps students recognize the amount of excess sugar they may be drinking on a regular basis.

How Do We Do It?

Student leaders make posts and announcements for the challenge rules.

Have students set a goal for how many points they can earn per day of being sugar free.

Encourage Students to not drink any sugary drinks, and to limit themselves to 100% juice, with no more than 125 ml (1/2 cup) per day (in or out of school), for 1 school week.

Students keep a personal daily record of their sugary drinks and 100% juice intake for 5 school days.

Students earn 1 point (or other points as determined above) for each day that they both avoid drinking sugary drinks and limit their 100% juice intake to 125ml (1/2 cup) per day. At the end of each day students anonymously submit their total points on a piece of paper to the leader (or via a Google doc if student leaders set one up).

Take a class poll after 5 days to determine how many Students bumped out sugary drinks for the whole school week. Have students share observations of how they felt before, during, and after the challenge.

What Else Do We Need?

Nothing we can think of! Feel free to be creative.

How Do We Get Creative?

Consider displaying the class total every day after students have anonymously entered their data.

Have classes challenge each other to drink the fewest sugary drinks in one week.

Extend the challenge to be a longer period of time.

Adapted from: Action Schools! BC. (2011). Healthy Eating Action Resource.