Over-consumption of sugary drinks as a health issue

Learning Foci	Understand/Know/Do	Suggestions for pedagogies/strategies	Supporting resources
	What can students do with what they know and understand?	What learning experiences will support the development of understanding, knowing and doing?	
	What learning will endure beyond school?		
Over-consumption of sugary drinks as a health issue	Examine the evidence and discuss the health impacts of excessive sugary drink consumption. For example: • the role of sugary drinks in increasing the risk of developing NCDs including Type 2 diabetes, dental caries (tooth decay), conditions of overweight and obesity. • reasons for why sugar in liquid form is more detrimental to metabolic health than sugar in solid form • detrimental effects of sugary drinks on oral health • detrimental effects of sugary drinks on concentration, learning, and behaviour Understand and explain the idea of relative risk in the context of sugary drink consumption. Examine and rank the most significant health benefits of reduced sugar in the diet.	Access trustworthy sources to verify or refute a series of claims, for example: • Sugary drinks promote weight gain by adding empty calories to the diet. • Over-consumption of sugar in sugary drinks interferes with insulin production which over time can increase the risk of developing Type 2 diabetes and other NCDs. • The sugar in sugary drinks activates reward systems in our brain which make us feel good and want to consume more sugary drinks. Develop a consequence wheel or draw a flow diagram to illustrate health impacts. Research factors and then design a points-based system to assess and demonstrate relative risk, for example, allocate points for different sugary drink consumption levels, age, and pre-existing health conditions. Use the system to assign risk scores to different scenarios. Use the system to discuss how the concept of perceived and actual relative risk impacts decision-making processes/choices/behaviours.	Evidence sources, e.g., summarised results from academic articles Consequence wheel template Examples of points-based systems

FISS — FIGHTING SUGAR IN SOFTDRINKS