



No Sugar Added!

By Lois Walker

Choral Reading/Speaking Script
for Elementary School
Readers

No Sugar Added!

(A Short Light-Hearted, Yet Informative Script About Sugar Consumption and the Dangers of Added Sugar)

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ESTABLISHING THE RHYTHM

To find the proper rhythm for this piece, first read-aloud and clap through the sections as you go. Each underlined word or word part falls directly on a beat. As you read, clap on each underlined word, keeping the rhythm steady. Be careful not to read too fast. After you have established the beat, it is time to start interpreting, experimenting, and having fun with the words by varying volume, inflection, and expression.

FORMATTING:

This Choral Reading/Speaking script has been formatted for 10 SOLO READERS and ALL. If this arrangement does not work for your particular group, please feel free to assign lines as you wish. An unformatted version of the piece can be found at the end of the original script version.

PERFORMANCE LENGTH: 4- 5 minutes, depending on tempo chosen and including entrance and exit.

RESEARCH: (As of March, 2014)

<http://www.cnn.com/2014/03/06/health/who-sugar-guidelines/>

- The World Health Organization wants you to stop eating so much sugar. Seriously.
- The WHO is encouraging people to consume less than 5% of their total daily calories from sugars. The organization's current guidelines, published in 2002, recommend eating less than 10% of your total daily calories from sugars.
- Most Americans still consume much more.
- Our sweet tooth increased 39% between 1950 and 2000, according to the USDA. The average American now consumes about three pounds of sugar each week.

- "There is increasing concern that consumption of free sugars, particularly in the form of sugar-sweetened beverages, may result in ... an increase in total caloric intake, leading to an unhealthy diet, weight gain and increased risk of non-communicable diseases," WHO said in a statement.
- Of particular concern, WHO said, is the role sugar plays in causing dental diseases worldwide.
- For an adult at a normal body mass index, or BMI, eating 5% would be around 25 grams of sugar -- or six teaspoons. That's less than is typically found in a single can of regular soda, which contains about 40 grams of sugar.
- Real or fake sugar: Does it matter?
- To find the amount of calories from sugar in a product, multiply the grams by 4. For example, a product containing 15 grams of sugar has 60 calories from sugar per serving, according to the American Heart Association. If you eat 2,000 calories a day, that's 3%.
- WHO's proposed guidelines apply to sugars added to foods by manufacturers, as well as those found naturally in honey, syrups, fruit juices and fruit concentrates. They do not apply to those found in fresh produce.
- **"Much of the sugars consumed today are 'hidden' in processed foods that are not usually seen as sweets," the WHO website states.**
- Did you know sugar is often added to your frozen pizza? How about your bread, soup, yogurt and mayonnaise? As consumers became more concerned about the amount of fat in their food, manufacturers went out of their way to make low-fat items -- often substituting sugar to preserve the taste.
- Choosing foods with fewer added sugars at the grocery store may soon get a little easier. The Food and Drug Administration has proposed several changes to the nutrition labels you see on packaged foods and beverages.
- The proposed labels would also note how much added sugar is in a product. Right now, it's hard to know what is naturally occurring sugar and what has been added by the manufacturer.

NOTE FROM LOIS: Along with causing weight gain, rotting your teeth, and resulting in a blood sugar drop (or sugar crash), sugar consumption has been implicated in a litany of crimes, including contributing to an increased chance of obesity, diabetes, cardiovascular disease, dementia, macular degeneration, renal failure, chronic kidney disease, and high blood pressure. The research is ongoing. This script was written to be used as a possible catalyst resulting in a classroom study of sugar consumption. The script might also be performed as a way to educate and inspire others beyond your classroom.

ENTRANCE: Group marches in, military fashion, with a platoon leader(s) shouting HUP, TWO, THREE, FOUR - HUP, TWO, THREE FOUR, etc. When performers reach assigned positions, a platoon leader calls COMPANY, HALT and all stop marching.

CLAPPING: The rhythm or beat for this piece is set by the marching cadence. To re-establish this beat, ask performers to clap in unison to help all readers keep to the beat.

(Clap, clap, clap, clap - clap, clap, clap, clap, etc.) **NOTE:** Solo Readers will not clap as they read or recite their lines).

Verse A.

ALL: From now on, when we shop for food

We plan to be extremely shrewd

Check every label before we buy

"No sugar added" will be our cry.

1. HALF OF THE GROUP: What's that you say?

2. OTHE HALF OF THE GROUP: No sugar added!

1. HALF OF THE GROUP: What's that you say?

2. OTHE HALF OF THE GROUP: No sugar added!

SOLO READER 1: Too much sugar can make you fat.

SOLO READER 2: And rot your teeth...

ALL: That's where it's at!

Verse B.

ALL: We won't be fooled by other names

Found on those labels - they're all the same!

They still mean "sugar"

SOLO READER 3: Oh yes, that's true!

ALL: Corn syrup, Glucose, and Sucrose too.

1. HALF OF THE GROUP: What's that you say?

2. OTHE HALF OF THE GROUP: No sugar added!

1. HALF OF THE GROUP: What's that you say?

2. OTHE HALF OF THE GROUP: No sugar added!

SOLO READER 4: So check those labels - don't be a fool

SOLO READER 5: Then walk on by -

ALL: Just keep your cool!