

# ***Sugar Poster***

How much sugar is hidden in your favorite food? This assignment will help you visualize how much sugar you are actually consuming. This is a two part assignment.

## **Part 1 – Complete the Myplate Plan at**

<https://www.choosemyplate.gov/resources/MyPlatePlan>

## **Part 2 – Select three sugary snacks and research the requested info below.**

## **Part 3 – Create a colorful poster that summarizes and articulates your findings from part 1 and part 2.**

### **PART 2 -**

1. Select 3 different sugary snacks.
2. Research a food label for each of the snacks.
3. Use the below exercise calculator to see how many minutes of activities you will need to complete to burn the calories consumed from eating that sugary snack.
4. On a separate sheet of paper copy the exercise chart below and turn the exercise chart in stapled to the back of your colorful poster.

<https://www.calorieking.com/us/en/>

### **Exercise Chart:**

FOOD PRODUCT	NUMBER OF CALORIES	MINUTES OF SWIMMING	MINUTES OF JOGGING	MINUTES OF CYCLING	MINUTES OF WALKING

### **PART 3 -**

Create a poster covering the information below:

- The results of your Myplate Plan.
- Food labels of your 3 sugary snacks.
  - Must include: Calorie count, total fat, total saturated fat, total sugar, total salt, and total % of daily recommendation.
- Information learned from the exercise calculator. Specifically your finding!!!
- A picture of your foods in their packages (this is to be drawn by hand).
- 1 fun fact about each of your foods for a total of 3.

***\*Turn in the poster and the completed exercise chart and don't forget your name and period #.***