**War on Sugar**

This exercise explores further the “war on sugar”, referring to its villainized position in the food industry.

Discuss the definition of “sugar” with students.

* What foods contain sugar?
* Compare artificial and natural forms of sugar.
* What effect does sugar have on the body and brain?

The following videos (that may vary in availability over time) may be a good way   
to introduce potential problems with sugar:

* <https://www.youtube.com/watch?v=JEA-G9m9S0Y>
* <https://www.youtube.com/watch?v=HHI-7I9kD5k>

To provide a different, perhaps more balanced analysis, you and students can listen to the Freakonomics podcast Episode #285 “There’s a War on Sugar: Is it Justified?”:

<https://freakonomics.com/podcast/sugar-rebroadcast/>

After listening to the podcast, ask students to share:

* Their views on sugar.
* If they feel that the “war on sugar” is justified.
* What changes would they suggest, if any, for regulating sugar in products.
* Any helpful aspects of this information for their own decisions and what behaviors they might change.