

Appendix F: The Wadeye Sugar Story

The English version of the Wadeye Sugar Story.

Also available to view on www.youtube.com/watch?v=UGgZljj1S8w.

This is a small film about how eating good food helps to keep our bodies strong/healthy. It is also a story about sugar. Why we need sugar. What it does inside our body. The good and bad things about sugar. And the main message in this story is to eat and drink healthy foods that don't contain too much sugar.

This story will have ten parts:

1. What is sugar?
2. Our bodies need sugar to live
3. Our taste buds love sweet tastes
4. It used to be hard to find sweet sugary foods
5. The really sweet sugars and the not-so-sweet sugars affect our bodies differently
6. What does too much sugar do to our bodies?
7. Too much sweet, processed sugar can cause diabetes (sugar sickness).
8. Which foods and drinks have too much extra sugar?
9. What foods can help to keep our bodies healthy?
10. A healthy diet and being active helps keep our bodies, minds and spirits strong

1. What is sugar?

- Sugar is sometimes called glucose or carbohydrate.
- The sugar we drink in tea and fizzy drinks and eat in sweet biscuits and lollies comes from a plant.
- This plant is called "sugar cane" (pic). In factories the sugar cane is processed to become sugar (pic) .
- Other plants that contain sugar are yams and all fruits. Sugarbag has sugar too. But the sugar in these foods is natural. Their sugar is not processed.

2. Our bodies need sugar to live

- Blood flows around our body like water on the land flows through big and small rivers. Our blood takes the sugar from foods and drinks and carries it around our body.
- Our brain needs sugar. Sugar helps our brain to think and learn new things.
- Our muscles need sugar too. The sugar feeds our muscles to keep up strong and give us the energy to move around and stay healthy.
- Without sugar, we would die.
- But eating and drinking too many sweet and sugary things can make our bodies sick.

3. Our taste buds love sweet tastes

- In the bush, bitter foods were often dangerous – they were poisonous and could kill us.
- But sweet tastes usually meant that a food was safe to eat.
- The sugar in these sweet bush foods also gave our bodies the small amounts of sugar that we needed.
- Now in the shop, many foods have added processed sugars.
- Many foods and drinks are very sweet and we add lots of sugar to tea as well.
- We eat and drink much more sugar than our bodies need.
- Our taste buds still love sweet tastes, but they don't know that too much sugar is dangerous.

4. It used to be hard to find sweet sugary foods

- Sugarbag takes time and energy to collect. We only get a small amount at a time, and we exercise our muscles to get it. It is a treat to have on special occasions.
- In the bush, the fruits and different yams were only available in their season.
- With the old way, when all food came from the bush there was no diabetes.
- There was lots of walking and exercise and people ate very little sugar.
- Now in the store, foods and sugars are always there. When we want it we just go to the shop. Now we hunt in the shop!

5. The really sweet sugars and the not-so-sweet sugars affect our bodies differently

- Many foods have sugar in them, but our taste buds do not always know...
- Food and drink that tastes really sweet usually has a lot of processed sugar added to it. Like.... (pics).
- Too much of the really sweet sugary foods can be harmful for our bodies, especially when we eat and drink sweet foods as children and continue all of our life.
- We should eat and drink more of the foods and drinks that don't taste so sweet. Like Weetbix, fruit, grain bread, pasta, yoghurt and milk.
- Foods that don't taste so sweet are usually better for our bodies.

6. What does too much sugar do to our bodies?

- When we eat too much sugar, our bodies can become out of balance.
- Too much sugary foods makes our bodies unstable. One minute we might feel full of energy but soon after our mood changes and we can feel tired, unhappy and angry [show waves].
- Eating and drinking too much sugar rots our teeth and gives us bad breath.
- Eating and drinking too much sugar can make us put on weight and become "the wrong shape".
- This extra weight can give us pain and make the organs in our bodies out of balance (show all the different organs).
- Too much sugar causes our blood and the arteries (the walls of the river) to become damaged.
- The river can also block up like a river that can't flow. Sugar is like lots of logs and branches in the river, clogging up the flow. Particularly if we don't walk and move around.

7. Too much sweet, processed sugar can cause diabetes (sugar sickness). When we always feed our bodies too much sugar, over time our organs become tired and stop working properly.

- In sugar sickness/diabetes, our bodies can't take all of that sugar out of the blood.
- Most of the sugar that we eat and drink stays flowing around the river in our blood. This sugar can't get used by the brain, the muscles, the liver (show organs).
- All this extra sugar in our blood causes more problems for our bodies. It can affect our eyes and our feet and hands.
- Saying NO to very sweet foods for us and our children can help us say NO to diabetes.
- If we have diabetes (sugar sickness), we need to be careful about all the sugar foods. We shouldn't eat too much and we should walk and be active.

8. Which foods and drinks have all this extra sugar?

- Foods and drinks that have lots of sugar often taste very sweet... Can you think of a few?
- Sugar, soft drink, juice, iced coffee drinks, cordial, ice cream, cakes, biscuits, lollies, chocolate, sugary tea.
- Soft drinks. Coca cola, lemonade, Fanta, Pepsi, creaming soda, all the soft drinks have lots of sugar added to them (Show soft drinks pictures).
- These drinks have nothing in them that is good for our bodies. Just too much sugar.
- One big bottle of coke (1.25L) has 33 teaspoons of sugar. That's more than half a cup (show amount of sugar from soft drinks for one day, one week, one month, one year, one lifetime). It is also this much sugarbag (comparison).
- Think about how much sugar your body will have if you have these sugary drinks most days (show animation of adding lots of sugar to water, how it goes thick and syrupy, cloudy etc. Now think about what this does inside our bodies).
- Fruit juice also has lots of sugar in it. A lot of this sugar is from fruit, but when you have juice instead of fruit a lot of the nutrients that our bodies need has been removed. All the fibre (roughage) that is good for our organs and digestion is taken away and what is left is the sweet liquid. We are much better off eating the fruit and drinking water. Your body will feel better and will thank you for it.

9. What foods can help to keep our bodies healthy?

- When you go to the store, choose the foods that are most like bushfoods! These are the foods that are not too processed (lots of pictures to reinforce this concept). Show: Beans, fruit and veg, bush meat, brown rice, musili, oats, soup mix, canned veg, etc.
- Get lots of vegetables, fresh or frozen or canned. The frozen ones are just as good for our bodies as the fresh ones! They can be just as fresh too.
- Choose healthy meats that have more muscle and not too much fat. Bush meats are the best.
- Choose dairy foods like milk, cheese and yoghurt that are not so sweet (chocolate or coffee flavour). Low fat dairy foods are the best.
- Choose fresh, canned or dried fruit rather than the juice.
- Choose the breads, rice and flours that have more brown colours and seeds in them. This is more like bush foods and good for our bodies.
- Water is the best drink to have. Drink lots of water. Your body will thank you for it. (Film pouring glass of water)
- Let your children and family know that too much sugar in foods and drinks is not good for their body. Say NO to fizzy, sugary drinks.
- The diet soft drinks can be good to try if you find it hard to swap these drinks for water. Diet soft drinks taste sweet but do not have any sugar in them.
- Water is the best drink.

10. A healthy diet and being active helps keep our bodies, minds and spirits strong.

- When we are healthy it is easier to do the things we enjoy, like being with family, playing sports, working, learning and walking. We feel good about ourselves and good about others.
- Your body doesn't need extra lot of sugar. Try cutting down on sweet foods and drinks.
- Eat more foods that are like bush foods.
- Your body will feel strong, balanced and light.
- Making small changes and choosing the foods and drinks that make us healthy is important. This will keep us happy and help us live a longer, more active life.
- A question we can all ask is what can I do to be more healthy? And what can we do to make Wadeye a healthier place to live?

Images to use:

Food plate (ATSIGTHE)

Demonstrate teaspoons of sugar in drink

Show images of sugarcane to processed sugar

Exercise, how this helps our bodies too

Examples of healthy food

Egg in coke, Gatorade and water for a week (egg experiment)

Compare how much sugar in a bottle of coke vs a banana or apple. How many bananas/apples?