

# The Sugar Spies

By Carol Montgomery

Time = around 11 min.

Readability = grade 3.7

## CAST (12+)

Narrator 1	Sherlock (a Sugar Spy)
Narrator 2	Sharp-eyes (a Sugar Spy)
Sugar Spies*	Mrs. Fastlane
Sugar Spy #1	Dr. Colbert
Sugar Spy #2	Mayor Action
Sugar Spy #3	Uncle Lazybones
Aide	

\*Optional Sugar Spy Chorus or just use Sugar Spies #1-3

## Vocabulary:

addicted	afternoon	agency	alarmed	amazing
amusement	another	anymore	anyway	appointment
astute	audience	babysitter	business	businesses
citizens	Colbert	collected	complaining	computer
continue	continuously	desperate	destiny	detective
discovered	distracted	doorbell	educate	encourage
enthusiastically	everyone	everything	evidence	exercise
explained	families	family	Fastlane	fatland
favorite	fortunately	fudgewars	healthier	immediately
immune	intently	interview	interviewed	introduce
Lazybones	monitor	Montgomery	mystery	Narrator
nervously	notices	nourishment	nutrition	occurring
opinion	personal	pharmacy	possible	probably
professional	question	remember	reputation	respected
Saturday	scheduled	services	several	Sherlock
stressed	struggling	stumbling	substitutes	superman
surprised	sweeteners	teammates	television	tissues
together	township	vegetables	whatever	wonderful

# The Sugar Spies

**Narrator 1:** The Sugar Spies

**Narrator 2:** By Carol Montgomery

**Narrator 1:** In the tiny town of Destiny a crisis was occurring. So, Mayor Action made a phone call.

**Mayor:** (*talking into phone*) Yes, yes, we want to hire you immediately! The citizens of Destiny can't continue without the young folks being healthy!

**Narrator 2:** The mayor was desperate!

**Mayor:** (*talking into phone*) With all these sick kids the families are super stressed, the schools are struggling, businesses can't afford all the sick leave...we're in BIG trouble and it's getting worse! Even the doctors are complaining about the heavy work load! We've heard about your amazing services and success there in Truth Township; when can you start?

**Narrator 1:** The mayor set an appointment for the next day.

**Aide:** Your 9 o'clock appointment is here, Mayor.

**Mayor:** (*sighs*) Finally! Send them right in.

**Aide:** Are you sure you know what you're doing?

**Mayor:** Of course I don't know what I'm doing; that's why I've called for help. These guys are experts you can trust. They're from Truth Township and have the reputation of saving that town!

**Aide:** Okay, whatever you say. But, have you ever met any of these guys or talked with them?

**Mayor:** No, I just called their agency. Fortunately they are between cases so they could help us right away. Send them right in, please.

**Aide:** Are you sure you're ready?

**Mayor:** We're in a town crisis! The sooner we get an answer, the better for ALL of us! Send them in. Send them in!

## The Sugar Spies

**Sugar Spies:**

We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NOT GOOD!!!  
(*stomp, stomp*)  
Trust--the Sugar Spies-s-s-s!

**Mayor:** (*surprised and stumbling over words*) Ah.....excuse me? Did the agency send you?

**Sugar Spies:** (*all nodding*)

We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NOT GOOD!!!  
(*stomp, stomp*)  
Trust--the Sugar Spies-s-s-s!

**Mayor:** (*still stumbling over words*) Ah.....I see. Well, did the agency fill you in on the case?

**Sugar Spies:** (*all nodding*)

We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NOT GOOD!!!  
(*stomp, stomp*)  
Trust--the Sugar Spies-s-s-s!

**Mayor:** (*still stumbling over words*) Well, I guess you may as well get started right away then on trying to save our town of Destiny.

**Sugar Spies:** (*all nodding*)

We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NOT GOOD!!!  
(*stomp, stomp*)  
Trust the Sugar Spies-s-s-s!

## The Sugar Spies

**Mayor:** Keep me posted on their progress. I'll stop whatever I'm doing to get their reports, okay?

**Aide:** Yes, Mayor Action.

**Narrator 1:** The Sugar Spies went to work tracking down the cause of the crisis. They interviewed many of Destiny's citizens.

**Narrator 2:** One interview led to another. And another. And another and another and another ...

**Sherlock:** (*looks toward Mrs. Fastlane*) Yes, I'm Sherlock Sugar Spy and these are my teammates on the case... (*extends arm toward the rest of the Sugar Spies*)

**Sugar Spies:** (*nod & smile*)

**Sherlock:** Now... Mrs. Fastlane, you say your life is so busy you don't have time to read labels?

**Mrs. Fastlane:** That's right. I don't even remember when the kids started getting sick and now I can hardly remember when they were well! We're always running to the doctor or the pharmacy or the store to get more tissues. .... I'm so busy I don't have time to cook much anymore!  
(*looks around, shocked*) What ARE they doing?

**Sugar Spies:** (*peek over, under and around their scripts continuously.*)

**Sharp Eyes:** (*stares intently*) Ah, ha!

**Sherlock:** Don't be alarmed; they're just doing their job--checking for clues. Are those your children at the computer and television?

**Mrs. Fastlane:** Well, all but one. They LOVE to play video games and watch channel 000; it's a great babysitter and keeps them out of trouble. Not that they've been any trouble; I mean, it keeps them from being bored.

**Sherlock:** Mrs. Fastlane, do you know how many hours a day they play their computer games and watch television?

**Mrs. Fastlane:** Not really. I don't have time to monitor every little thing. You know, the phone rings and I have to work. Besides, I'm just too tired most of the time myself.

**Sherlock:** (*taking notes*) I see. Well, thank you for your time, Mrs. Fastlane. You've been a big help.

## The Sugar Spies

**Mrs. Fastlane:** You're welcome. I hope you can help us. We're all sick of this kind of life.

**Sherlock:** We'll give our report to the Mayor. Good-day!

**Sugar Spies:** (*wave enthusiastically*) Chow!

**Mrs. Fastlane:** (*waves*) Good-bye! (*distracted*) Now, what was the next thing on the list?

**Narrator:** The Sugar Spies rang the doorbell of the house next door.

**Sugar Spies:** DING-DONG!

**Uncle Lazybones:** (*loud and slow*) I guess I can get up and answer that door. (*Opens door*)

**Sugar Spies:** (*nodding*)  
We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NO GOOD!!!  
(*stomp, stomp*)  
Trust--the Sugar Spies-s-s-s!

**Uncle Lazybones:** What in the world?

**Sugar Spies:** (*nodding*)  
We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NO GOOD!!!  
(*stomp, stomp*)  
Trust--the Sugar Spies-s-s-s!

**Uncle Lazybones:** Oh, I've heard of you guys. You helped save Truth Township.

**Sherlock:** That's right, sir. My name is Sherlock Sugar Spy. Are you Mr. Lazybones?

**Uncle Lazybones:** (*loud and slow*) Yep, but most folks call me Uncle Lazybones. I don't care what you call me; just make sure you call me when its time to eat! These big bones need lots of nourishment, you know.

## The Sugar Spies

**Sherlock:** Okay, Uncle Lazybones. You live with the Superman family don't you?

**Uncle Lazybones:** Yep, that's right. Great kids. We watch a lot of programs together —between naps, that is.

**Sherlock:** And what else do you do as you watch your programs?

**Uncle Lazybones:** Oh, we always snack on Fatland's tasty snacks! Sure are good! Blubber Bits is my personal favorite. The kids got me hooked on them when they came back from Fatland.

**Sherlock:** Fatland?

**Uncle Lazybones:** You know Fatland, the amusement park where everything is "Fat Fun and Fun Fat!"

**Sherlock:** Ah, yes. And when did they go to Fatland?

**Uncle Lazybones:** Oh, I don't know. It's been months now. I think it was at the end of summer sometime. Someday I have to visit Fatland; I just love Fatland TV and Fatland video games. The kids and I do those all the time! It's great for passing the time. (*notices other Sugar Spies*) Hey! What are those guys doing?

**Sugar Spies:** (*peek over, under and around their scripts continuously.*)

**Sharp Eyes:** (*stares intently.*) Ah, ha!

**Sherlock:** Don't be alarmed; they're just doing their job, checking for clues. Are those the Superman children at the computer and television?

**Uncle Lazybones:** Yep, we were just watching the Fatland channel; too bad there's only one computer, or we'd be playing Fatland Fudgewars more, too. Want a Blubber Bit? (*offers candy Blubber Bits.*)

**Sherlock:** No thanks; I gave them up. We have to go anyway. Thank you for your time. The mayor will get our report.

**Uncle Lazybones:** (*looks away from Sherlock, distracted by television*) Oh, what a great TV show! Sure you don't want to stay for the Fatland Circus Parade? There will be Fatland fireworks.

**Sherlock:** No thanks, good-day!

## The Sugar Spies

**Sugar Spies:** (*nodding*)

We're the Sugar Spies!

Can't you see it in our eyes?

We're the Sugar Spies,

Checkin' for bad buys:

Corn syrup is NO GOOD!!!

(*stomp, stomp*)

Trust--the Sugar Spies-s-s-s! (*wave good-bye and BTA*)

**Uncle Lazybones:** (*barely waves*) Bye-bye, Sugar Spies.

**Narrator 1:** The next day the Sugar Spies put their heads together at the office of Dr. Colbert to try to wrap up the case.

**Sherlock:** Dr. Colbert, you're well-respected in the town of Destiny. You've heard our theory now. What do you think of it?

**Dr. Colbert:** I think you're probably right on track. We must thank you for your astute detective work!

**Sherlock:** Would you be willing to write up a professional opinion so we can share it at our meeting for the mayor on Saturday?

**Dr. Colbert:** Indeed. I'm ready to lighten my patient load as soon as possible. This health crisis has been going on far too long. Would you like me to be at the meeting with the mayor so you don't need to wait for the written opinion? I don't have any patients scheduled Saturday afternoon.

**Sherlock:** That would be wonderful, Dr. Colbert! I'll let you know the time.

**Dr. Colbert:** I'll look forward to hearing from you. It's about time we take some real action to rescue our health. Good-bye

**Sherlock:** Good-day!

**Sugar Spies:** Chow!

**Narrator 1:** So Sherlock and his team of Sugar Spies collected their evidence to present their findings to the mayor on Saturday.

**Narrator 2:** When Saturday came, the mayor was pacing and talking to himself.

## The Sugar Spies

**Mayor:** (*nervously*) Now what was it they were saying? Sugar Spies see the sugar in our eyes, it's sugar spies-- we're as wise as pies. No that wasn't it. Sugar Spies taste the store bought pies. Maple syrup's so good.....

**Aide:** Mayor Action, they're here.

**Mayor:** Oh, finally. I haven't slept well all week. Send them in. Send them in!

**Sugar Spies:** (*nodding*)  
We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NO GOOD!!!  
(*stomp, stomp*)  
Trust--the Sugar Spies-s-s-s!

**Mayor:** Ah, yes. That was it; corn syrup is no good.

**Aide:** Mayor Action, Dr. Colbert is here.

**Mayor:** Oh, Dr. Colbert! I'm so happy you could come!

**Dr. Colbert:** I wanted to be here. Sherlock and his team of Sugar Spies have done it again, I believe. They have discovered the mystery of the sick citizens of Destiny. Why don't you give us your report Sherlock?

**Narrator 2:** So Sherlock explained to the mayor some of the findings of his team then said...

**Sherlock:** Now, Mayor Action, let me introduce to you Sharp Eyes Sugar Spy--one of the best--and the real brains behind this puzzle. Sharp Eyes?

**Sharp Eyes:** Sherlock has shared with you how we found several common pieces to the puzzle behind the health crisis in Destiny. Bottom Line: Fatland and their secret sugars. Fatland is in business. Businesses want to make money. Fatland makes money by getting people addicted to Fatland products--from Fatland snacks to Fatland sodas. You eat their snacks and drink their sodas; Fatland gets your money. Do that over a long enough time and... Dr. Colbert?

**Dr. Colbert:** You hurt your immune system that works to keep you well. Without proper nutrition, sunshine, and exercise people get sick over time. When they eat a lot of secret sugars they often gain weight and have other problems.

## The Sugar Spies

**Sharp Eyes:** Turns out almost all the young citizens of Destiny have gone to Fatland over the past year or so. That's when they stopped drinking water, stopped eating fruits and vegetables, and worst of all...

**Sugar Spies:** Stopped reading labels!

**Sherlock:** So, do you want the quick way to a healthier Destiny or the slow way?

**Mayor:** The quick way, of course!

**Sherlock:** And do you want to help a few people or a lot of people?

**Mayor:** A lot of people, for sure!

**Sherlock:** Okay! Here's the plan of action from our team:

**Sugar Spy #1:** First, boycott Fatland. They don't care about your citizens; they just want your money. Get rid of the Fatland vending machines with their Fatland sodas and snacks. Find healthier substitutes.

**Sugar Spy #2:** Second, call a town meeting and educate the parents on the dangers of "secret sugars". Encourage them to give up sugar, corn syrup, and fake sweeteners.

**Mayor:** Fake sweeteners?

**Dr. Colbert:** In diet sodas and other sugar-free foods. Trust me--they are really bad!

**Sugar Spy #3:** Also at the town meeting, encourage everyone to drink more pure water and eat more fresh fruit and veggies again.

**Dr. Colbert:** Remember to tell them to get active and get good sleep every night, too.

**Mayor:** Yes sir! I sure am glad my aide was taking notes! That's quite a plan: boycott fat, give up corn...

**Aide:** That's corn syrup, sir.

**Mayor:** Oh, yes. Corn syrup is not good.

**Sherlock:** Trust the Sugar Spies. You can handle it. Dr. Colbert will help you.

**Dr. Colbert:** (*smiles and nods*) Of course.

**Sherlock:** We'll be going now.

## The Sugar Spies

**Mayor:** I can't thank you enough. But, I do have one question...

**Sherlock:** Yes?

**Mayor:** Could we teach our citizens how to be Sugar Spies so this never happens again?

**Sherlock:** Of course! Let's start with 1, 2, 3, 4...

**Sugar Spies:** (*nodding*)  
We're the Sugar Spies!  
Can't you see it in our eyes?  
We're the Sugar Spies,  
Checkin' for bad buys:  
Corn syrup is NO GOOD!!!  
(*stomp, stomp*)  
Trust the Sugar Spies-s-s-s!

**All:** (face audience and bow)



## The Sugar Spies Curriculum Links Valid April, 2021

<https://healthbeet.org/nutrition-lesson-plan-for-elementary-school-kids/>

**“Nutrition Lesson Plan for Elementary School Kids”** from a woman trained in public health. (Note: She has a weight loss story & pictures.) Includes links, helpful information, and activities.)

<https://www.fns.usda.gov/tn/great-garden-detective-adventure-standards-based-gardening-nutrition-curriculum-grades-3-and-4>

**“The Great Garden Detective Adventure: A Standards-Based Nutrition Curriculum for Grades 3 and 4”** (2013) comes from the U.S. Department of Agriculture. It includes 11 lessons, plus more tools and resources (e.g., “Be a Garden Detective Bulletin Board Instructions and Pieces,” 10 issues of “Garden Detective News” [communication with parents], “Garden Detective Journal Cover,” and more. I did not review the entire lesson, but the letter to the parents indicates that this is for about a 2-month unit study covering a variety of subjects. There are LOTS of PDFs you may download and make copies of to share with your students.

<https://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>

**“Dig In! Standards-Based Nutrition Education from the Ground Up”** for grades 5-6 comes from the U.S. Department of Agriculture (2013). It includes 10 lessons, students handouts for each lesson, a “Gardening Guide,” and more. This unit study covers a variety of subjects.

<https://www.tfah.org/report-details/stateofobesity2019/>

**“U.S. Obesity Rates Reach Historic Highs—Racial, Ethnic, Gender and Geographic Disparities Continue to Persist”** reviews and summarizes a 2019 report, “...*The report highlights that obesity levels are closely tied to social and economic conditions and that individuals with lower incomes are more at risk. People of color, who are more likely to live in neighborhoods with few options for healthy foods and physical activity, and, are the target of widespread marketing of unhealthy foods, are also at elevated risk...*”

<http://www.mayoclinic.com/health/high-fructose-corn-syrup/AN01588>

**High-fructose corn syrup: What are the concerns?** While research continues, moderation remains important. Many beverages and other processed foods made with high-fructose corn syrup and other sweeteners are high in calories and low in nutritional value. Regularly including these products in your diet has the potential to promote obesity — which, in turn, promotes conditions such as type 2 diabetes, high blood pressure and coronary artery disease. If you’re concerned about the amount of high-fructose corn syrup or other sweeteners in your diet, consider these tips...”

## The Sugar Spies Curriculum Links Valid April, 2021

<https://www.doe.in.gov/sites/default/files/nutrition/hoosier-champions-final-jv.pdf>

“**Hoosier Champions: School Nutrition and Activity Success Stories**” from Indiana’s Department of Education includes **OVER 100 SUCCESS STORIES** from schools that implemented a variety of health oriented activities and events related to nutrition and exercise. Check this out for a treasure chest of ideas for your classroom and school.

<https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sugar-shocker-kit.pdf>

“**Sugar Shocker Education Kit–For Children and Youth**” comes from Alberta’s Health Services (Nutrition Services) in Canada (2020 includes over 100 pages of information, activities, Appendices and more. “...**The purpose of the Sugar Shocker Education Kit is to raise awareness about the amount of added sugar in common drinks and to learn how to make better drink choices....**” “...The Sugar Shocker Education Kit provides fun, interactive activities to help children and youth learn about healthy drinks choices.” Of course, they include lessons on WATER—promoting it as a healthy choice.

### You Tube Videos:

<http://www.youtube.com/watch?v=eVrnqZsghHk>

**Edible Schoolyard** explained...4 min

<http://www.youtube.com/watch?v=uEAijdNxGg>

Clip with **Michelle Obama commenting on childhood obesity with info on the Edible Schoolyard** concept nourishing the kids of Katrina.

[www.youtube.com/watch?v=qLtTUd6FPOs](http://www.youtube.com/watch?v=qLtTUd6FPOs)

“**The Healthy Food Song/Learn English with ESL Music for Kids**” shares a catchy tune and words about **SUGAR**; however, they cereal is “good for you,” when some cereals are actually HIGH in sugar. 2:23

[www.youtube.com/watch?v=tKxKfZLsntl](http://www.youtube.com/watch?v=tKxKfZLsntl)

“**Is Sugar Bad for You**” from Colossal Questions mentions several forms of sugar & the fact that eating too much sugar is bad. 2:21

<https://www.youtube.com/watch?v=1TZ3dR69Yol>

(ABC news **childhood obesity** = excellent even though it's from 2003) 8 min?

<http://www.youtube.com/watch?v=CodB8Q71Sok&feature=related>

National Geographic’s “**Obesity**” shows a bit of blood from surgery, but makes a strong point by showing a **YOUNG man of 500+ lb interviewed & tracked**. He spent a lifetime of eating too much and not exercising. He chose to do a radical gastric bypass for weight loss—shrinking the stomach size. Stop the video when the doctor speaks to avoid the hospital scene. At 3:00 Francis speaks a little about wanting to be healthy. 3:39

