

Health

3. NPA.2.2

Categorize beverages that are more nutrient dense.

Sources:

- MyPlate
- Nutrition Services Branch of the North Carolina Division of Public Health

Materials:

- Appendix 1, Soft Drink/Sugar image
- Appendix 2, Make Better Beverage Choices handout, from MyPlate.
- Appendix 3, What I Read handout
- Appendix 4, What's in my drink?
- Appendix 5, Measuring What's in My Drink

Focus:

Show the image of the soda and sugar (Appendix 1). Ask students what they observe and ask if they have any concerns.

Statement of Objectives:

In today's class we will explore what we drink and how healthy these choices are to us. We will examine why added sugar makes beverages less healthy and how to choose a healthy option.

Teacher Input:

Distribute the handout on Better Beverage Choices (Appendix 2) and the "What I Read" handout (Appendix 3). Tell students they are to read the content on the Beverages handout and to fill in the worksheet, "What I Read". They are to include: five facts, three important ideas, an illustration, cite the source, the most interesting thing I learned, and one more thing. At the conclusion of this portion, have students find a partner and each share their findings. After allowing time for this, ask for students to volunteer responses to each of the items listed on the worksheet.

Now show the Appendix 4, "What's in my drink?" from the Nutrition Services Branch of the North Carolina Division of Public Health. Ask for questions or comments based on the Beverages Choices handout.

Assessment:

Distribute Appendix 5, Measuring What's in My Drink. Ask student to complete all of 11 questions. Go over each answer after students have completed the work.

Closure:

In today's class we examined different beverage, or drink, choices. Based on the information we read and measured, I think we all can agree that water is usually our best pick for a drink.

20 oz
cola



=



16 tsp
sugar

10 tips
Nutrition
Education Series

make better beverage choices

10 tips to get started



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink $\frac{1}{2}$ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need $2\frac{1}{2}$ cups and children 2 to 3 years old need 2 cups.



7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, $1\frac{1}{2}$ ounces of natural cheese, or 2 ounces of processed cheese.

What I Read

a report about: _____ by: _____

Five facts

- 1.
- 2.
- 3.
- 4.
- 5.

The most interesting thing I learned:

illustration

3 important ideas

and...

resources



What's in My Drink?

Name of Drink	Grams of Sugar*	Teaspoons of Sugar	Vitamin C (mg)	Calcium (mg)
Gatorade	21		0	0
Coke	41		0	0
Pepsi	41		0	0
Fruitopia	42		90	0
Chocolate Milk	42		4	450
2% Milk	42		4	450
Orange Juice	41		90	0
Kool-Aid	24		9	0
Crystal Light	0		0	0
Hot Chocolate	46		0	80
Water	0		0	0
Grape Juice	48		72	0
V8	16		101	41
Tomato Juice	15		67	33

*per 12 oz.

Measuring What's in My Drink



Name: _____

Name of Drink	Grams of Sugar*	Teaspoons of Sugar	Vitamin C (mg)	Calcium (mg)
Gatorade	21		0	0
Coke	41		0	0
Pepsi	41		0	0
Fruitopia	42		90	0
Chocolate Milk	42		4	450
2% Milk	42		4	450
Orange Juice	41		90	0
Kool-Aid	24		9	0
Crystal Light	0		0	0
Hot Chocolate	46		0	80
Water	0		0	0
Grape Juice	48		72	0
V8	16		101	41
Tomato Juice	15		67	33

*per 12 oz.

1. Calculate how many teaspoons of sugar are in each drink. Write your answers in the table above (1 teaspoon of sugar equals 4 grams of sugar). Hint: divide the grams of sugar by 4 to get the teaspoons.
2. Draw a bar graph of the number of grams of sugar in Coke, 2% milk and orange juice.

50 grams			
40 grams			
30 grams			
20 grams			
10 grams			
	Coke	2% Milk	Orange Juice

3. How many more grams of sugar does a serving of Kool-Aid have than a serving of Gatorade?

4. How many fewer grams of sugar does a serving of milk have than a serving of Fruitopia?

5. If you drink three 12 oz. Pepsis in one day, how many grams of sugar would you have consumed?

6. If there are 9 teaspoons of sugar in one can of Pepsi, how many teaspoons are in 3 cans?

7. Which drink has the most vitamin C per serving?

8. Why is vitamin C important for our bodies?

9. Which drink has the most calcium per serving?

10. Why is calcium important for our bodies?

11. What do you think is the best drink to have when you are thirsty? Why?