



Drink Low-Fat Milk and Water Instead of Sweetened Drinks

Lesson 1 at a Glance

Play Active Opening Games – 10 minutes

Anchor – 5 minutes

- What drinks do you like?

Add – 15 minutes

- Stop, Slow, and Go Drinks
- Why added sugar is unhealthy
- See how much sugar is in a 20-ounce bottle of cola
- Show how to find serving size and sugar in grams on Nutrition Facts Labels of empty containers

Apply – 15 minutes

- Children measure sugar in drink at stations
- Summarize why milk and water are healthy drinks and sweetened drinks are not

Away – 5 minutes

- Which healthy drinks will you choose this week?

Bridge to Lesson 2 – 2 minutes

Play Active Closing Games – 10 minutes

Food Prep – 10 minutes



Lesson Details

Time: 70-90 Minutes

Learners will:

- Visualize sugar in drinks
- Practice reading labels
- Learn to distinguish between drinks to have daily and those to have occasionally

Opening Active Play Games:

Instant Replay Name Game
All My Neighbors

Closing Active Play Games:

Calcium Relay
Body Stir-Up

Handouts:

1-1 Family Newsletter

Visual Aids:

1-V-1 Station Instructions Page 1 & 2

Posters:

1-1 Read the Label: 20 Ounce Cola!
1-2 How Much Sugar?
1-3 Take a Healthy Step Goal-Setting

Food Prep:

Fruit Yogurt Smoothie
Water with a Twist

Materials and Supplies to Gather

Handouts	1-2: Family Newsletter: Choose Healthy Drinks	1 copy per child, back-to-back
Visual Aids	1-1: Station Instructions Page 1: How Much Sugar is in this Drink?	1 copy of each page per 3-4 children, not back-to-back
	1-1: Station Instructions Page 2: Change Grams of Sugar Into Teaspoons	
Posters	1-1 Read the Label: 20 Ounce Cola	
	1-2 How Much Sugar?	
	1-3 Take a Healthy Step Goal-Setting	
Teaching Supplies	☐ Nametags, attendance sheet, pens or pencils ☐ Markers (including red, yellow, and green), newsprint ☐ Red, Yellow, Green circles cut from colored paper, 6” in diameter or more ☐ For Add, empty drink containers with labels intact: ☐ For Go Drinks – water, low-fat (1%) and/or fat-free unflavored milk, soy or other non-dairy milk if low-fat, unsweetened, and fortified with calcium and vitamin D ☐ For Slow Drinks – 100% juice, flavored milk, 2% and whole milk ☐ For Stop Drinks – several varieties of soda, sports drinks, fruit drinks like lemonade and punch, juice drinks, sweetened iced tea, energy drinks, etc. ☐ Make sure one of above drink containers is 8 ounces or bring an 8 ounce paper cup ☐ For Apply – Any of above drink containers except milk – flavored or unflavored – or juice, because label does not differentiate between milk sugar (lactose) or natural fruit sugar and added sugar ☐ 20-ounce cola bottle ☐ Sugar – approximately 1 cup per station ☐ Measuring teaspoons ☐ 12-ounce clear plastic cups, 1 per drink to be measured ☐ Optional: 6 empty or stuffed 5-pound bags of sugar (to represent 32 pounds total)	
Cooking Equipment	<u>Fruit Smoothie</u> ☐ Blender ☐ Measuring cups ☐ Paring knife, cutting board ☐ Cups (1 per child)	<u>Water With a Twist</u> ☐ Cups (1 per child) ☐ Paring Knife ☐ Cutting board
	<u>Fruit Smoothies for 10</u> ☐ 3 cups frozen strawberries or other fruit ☐ 1 banana ☐ ¾ cup low-fat yogurt (vanilla or plain) ☐ 2 cups fat-free milk	<u>Water With a Twist</u> ☐ Fruit (Orange, Lemon, Strawberries, Pineapple) ☐ Water
Game Supplies	☐ Boundary Markers (cones, lines on the floor, furniture, etc.) ☐ Place markers (sticky notes, index cards, etc.) ☐ Drink containers from Add and Apply	

Background: Why drink water and milk instead of sweetened drinks?

Sweetened Drinks are Full of Calories and Low on Nutrients!

Research links drinking sweetened beverages with both weight gain and tooth decay. Sugar sweetened beverages are thought to contribute to weight gain because they are easy to consume, high in calories, and less filling than solid food.

Children Drink More Sweetened Drinks and Less Milk than is Healthy

Many children drink soda or other sweetened drinks instead of milk. This means they are not getting the calcium they need for their growing bones – they consume more calories, but fewer nutrients.

Sweetened Drinks Include:

Any drink with added sugar, such as: soda, fruit-flavored drinks and fruit juice drinks, iced tea, lemonade, sports drinks, energy drinks, and flavored milk.

Sugar Goes By Many Names

Look for sugar listed in the ingredients on a beverage label. If you see corn sweetener or syrup, or anything that ends in “-ose” like dextrose or fructose, as one of the first 3 ingredients, that’s probably a sugar-sweetened drink! For a complete list of sugars, see the *Dietary Guidelines* for Americans.

What About 100% Fruit Juice?

Even 100% fruit juice is easy to over-consume, adding excess calories and contributing to weight gain. The American Academy of Pediatrics recommends limiting juice to $\frac{3}{4}$ cup per day for 7-18 year olds. Whole fruit (fresh, canned, frozen, dried) is a better choice than juice as it contains more fiber, which helps you feel full, and provides more nutrients.

Drinking Our Calories Doesn’t Make Us Feel Full!

With sweetened drinks, it is easy to drink many calories without realizing it. Research suggests that sweetened drinks do not fill us up like solid food does, so we may not reduce the amount we eat to make up for them. Also, since many sweetened drinks come in large containers, it’s easy to drink several servings at once.

Water for Good Health

Water is the best choice for quenching thirst and staying hydrated. It has no calories, and it’s readily available! Bottled water is costly and usually not necessary. Seltzer can be a healthy choice, too.

Low-Fat or Fat-Free Milk for Good Health

Milk is a good source of calcium, which helps build strong bones. Experts recommend that children aged 9+ consume 3 cups of low-fat or fat-free milk or dairy a day, and those aged 4-8 consume 2 cups. Soy and other non-dairy milks are healthy choices if they are low-fat, unsweetened and fortified with calcium and vitamin D.

Sports Drinks and Energy Drinks

Both sports drinks and energy drinks are costly and not necessary. In general, except for serious athletes during intense activity, water is recommended as the best exercise drink, not sports drinks. And energy drinks are high in caffeine and can have harmful side effects when consumed in large amounts.

What About Diet Drinks?

Drinks with artificial sweeteners add little or no calories to your diet. However, they have few or no nutrients, and may increase desire for sweet tastes. This may cause foods that are less sweet, like fruits and vegetables, to become less appealing. For best health, limit artificially sweetened beverages.

Facilitate Well During Lesson 1!

During Active Games:

- ❑ Set the tone for fun learning by demonstrating your enthusiasm!
- ❑ Ask children to wear nametags so you can begin learning names right away. Use children's names to help create a positive, cooperative atmosphere for learning.
- ❑ Explain each game briefly, demonstrate, and then play – even if everyone doesn't yet understand the rules. Then call time out and briefly explain how to play again. Spend more time playing than explaining!

During the Anchor:

- ❑ Avoid distractions! Keep drink containers in one place where they won't distract children from what you're saying – until it's time to hand them out.

During the Add:

- ❑ Keep it moving! Be well prepared so you can deliver new information quickly and concisely.
- ❑ For children who have difficulty staying on task, stand near them or ask a co-facilitator to sit nearby.
- ❑ As children decide which drinks they've listed are Go, Slow, or Stop Drinks, consider how and when you'll deliver the correct information. You could tactfully redirect them at the time or wait till they prove it to themselves during Apply and revisit the list.
- ❑ Be ready to help children understand that despite advertising claims that may mislead, energy drinks are not a Go Drink and do not help people be active.
- ❑ Help children understand the difference between asking a question and telling a story. Encourage questions about the topic, and say you'll be happy to listen to stories after the lesson is over.

During the Apply:

- ❑ Set up stations ahead of time or have a co-facilitator set them up while you teach the Add so there's no down time between the Add and Apply.
- ❑ Anticipate messes! Put down a sheet of newsprint or plastic tablecloth at your stations before you have children measure sugar. Then if they spill, clean up will be easier.
- ❑ Use salt or white rice instead of sugar for easier clean-up (also cheaper and kids won't be tempted to eat it!)
- ❑ Be ready to help children understand how to find out how much sugar is in a drink container. Use Part 2 of Handout 1-1 to make the math easier.
- ❑ Briefly re-state the main message of the lesson so it's the last thing kids hear.

During the Away:

- ❑ Keep it moving!
- ❑ Pass out Family Newsletter and ask children to choose a Healthy Step they'll take in the next week.
- ❑ Tell a personal story about a goal you selected to choose healthier drinks. Share what challenges you faced, what helped you achieve the goal, etc.

Create a Bridge to Lesson 2:

- ❑ Give a very quick preview of the next lesson, tying the topic to the lesson you just taught.

During Food Prep:

- ❑ Have kids wash their hands before you begin, explaining why hand-washing is important.
- ❑ Involve kids in snack preparation, but do not have them use knives unless you are trained in how to teach knife safety and have the time to do so.
- ❑ Remind children of other aspects of kitchen safety.

Sweetened Drinks Active Game # 1

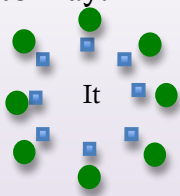


Game Name:	Instant Replay Name Game	5 Minutes
Equipment:	None	
Set Up:	Ask children to stand in a circle. Have them think of a descriptive word that begins with the same sound as their first name, and an action that goes with the word. Give an example with your own word, name, and action such as: <i>"I'm Sassy Sally!" with a twirl, or "Wild Wendy" while waving hands in air.</i>	
How to Play:	Say your name and show your action, then have everyone repeat your word, name and action together. Then have the next person go, have everyone repeat her name, word, and action, then yours again. Keep going till everyone has had a turn and you've repeated everyone's names and actions. Then change positions and run through names and actions again!	

Sweetened Drinks Active Game # 2



Game Name:	All My Neighbors	5 Minutes
Equipment:	Place-markers (index card, sticky, etc.) for each person except one	
Set Up:	One person is "It" and stands in the middle of a circle of other players. Have each player put a place-marker in front of him/herself in the circle.	
How to Play:	"It" calls out something that applies to him or herself such as: "All my neighbors who are wearing red." (If "It" is wearing red) Everyone wearing red must find a new place in the circle. "It" also tries to find a new place. Whoever does not find a new place becomes the new "It".	
Call-out Suggestions:	"All my neighbors who like bananas." "...who ate a vegetable yesterday." "...who like to ride a bike."	



The Lesson

Curriculum Introduction: 2 minutes

- Introduce yourself to the group – with enthusiasm.
- Stand where everyone can see you as well as hear what you say.

Say,

- Welcome to Choose Health: Food, Fun, and Fitness!
- Each time we get together, we'll play some active games, learn about healthy eating, and make a snack together.
- So let's get the fun started with a couple of our favorite games!

Opening Active Games: 10 minutes

- Play the games “Instant Replay Name Game” and “All My Neighbors” with the children

Anchor: 5 minutes

- Show children a collection of drink containers with Nutrition Facts Labels intact as shown on supply list.

Say,

- Look through these drink containers. Which of these do you drink?
What else do you drink?

- List on newsprint, making sure that milk and water are also listed (for later activity).

Add: 15 minutes

Say,

- Let's talk about what makes a drink healthy by using a symbol I know you're all familiar with – a traffic light.

- Put out red, yellow, and green circles on the floor or table where children can see.

Say,

- Milk is a drink that we should drink every day because it has a lot of calcium.
- Calcium helps us build strong bones and teeth.

- Place a low-fat (1%) or fat-free milk container in the green circle.
- Optional: include soy or other non-dairy milks if low-fat, unsweetened, and fortified with calcium and vitamin D.

Say,

- Water is healthy too. It refreshes our bodies and has no calories. When you don't drink enough water or other liquids, you can get dehydrated, which can keep you from being as fast and as sharp as you'd like to be.
- Let's call milk and water "Go Drinks" – ones we should drink lots of.

- Place a clear cup of water or a water bottle in the green circle.

Say,

- Some drinks have lots of sugar and calories but not many nutrients, the things that help us be healthy. These are "Stop Drinks" because they are not healthy drinks.

- Place several containers – soda, lemonade, fruit drinks, sports drinks, and others containing high amounts of sugar – in the red circle.

Say,

- Then there are drinks that have lots of nutrients but also have lots of sugar and calories, so it's easy to drink too much.
- We'll call these "Slow Drinks" – okay in small amounts or once in a while.
- For example, 100% fruit juice has vitamins – but it also has a lot of natural sugar and calories – so experts say to only drink $\frac{3}{4}$ cup of juice a day. It's a "Slow Drink" because it's partly healthy and partly unhealthy.

- Show children what a $\frac{3}{4}$ cup (6 ounce) serving looks like – with a measuring cup or a 6-ounce cup.
- Place 100% fruit juice container(s) in the yellow circle.

Say,

- Flavored milk is a “Slow Drink” too. It has calcium, which is good. But it also has a lot of sugar and calories that we don’t need.

- Place sweetened milk container(s) in the yellow circle.

Say,

- Let’s look back at our list of drinks.
- Did we put “Go Drinks” on the list of drinks we enjoy?
- How about “Slow Drinks?”
- And “Stop Drinks?”

- As children identify each type of drink from those listed on the newsprint, circle Go Drinks with green marker, Slow with yellow, and Stop with red.

Say,

- Let’s take a closer look at the “Stop Drinks” so we can learn why drinks with lots of sugar and calories aren’t healthy.
- Sweetened drinks have lots of calories, but not the nutrients you need to stay healthy. And they don’t make you feel full, so it’s easy to drink a lot.
- When we drink sweetened drinks, we often don’t drink healthier drinks like milk and water, and so we don’t get the calcium we need for strong bones and teeth.
- Instead, we can get tooth decay and cavities from all the sugar in sweetened drinks.
- It can be surprising to see just how much sugar is in some of these “Stop Drinks.”

- Hold up a 20-ounce cola bottle.

Say,

- Let's see how many teaspoons of sugar are in this 20-ounce bottle of cola.
- As I add sugar, tell me when you think I've added the total amount of sugar in this bottle.

- Measure or ask a child to measure 1 tsp of sugar at a time into a 6-12 ounce glass or clear plastic cup
- Count out loud as teaspoons are added, stopping once in a while to check in with the children to see if they think you should stop or keep adding.
- Continue adding teaspoons of sugar until you have 17 teaspoons in the glass.
- Make this dramatic and fun – like a game show that the children are playing.
- Optional: Instead, have 17 teaspoons of sugar in a pourable container and pour slowly, asking the children when to stop.

As you add the 17th teaspoon to the glass, ask,

- Should I keep going?

Say,

- We can finally stop now! A 20-ounce bottle of cola has about 17 teaspoons of sugar in it! 17 teaspoons!

- Hold up the glass so children can see how much of the glass is filled with sugar – and how much sugar is in a 20-ounce bottle of cola.

Say,

- If you drank one 20-ounce cola like this every day for a year, you'd be eating 32 pounds of sugar!

- Optional: Show children 6 empty 5-pound bags of sugar (or 32 1-pound bags) that represent 32 pounds consumed in a year from one 20-ounce cola per day.

Say,

- So a 20-ounce bottle of cola has this much sugar in it.
- But what about other drinks?
- Let's talk about how you can figure out the number of teaspoons of sugar in a drink.
- The labels on drinks can tell us a lot. So let's take a closer look.

- Ask children to get into groups of 2 or 3.
- Pass out empty Stop Drink containers such as soda, fruit drinks, and other sweetened drinks (see supply list) so that each group has at least one container.
- Be sure to include an 8-ounce container in your collection and/or have an 8-ounce paper cup to demonstrate a typical beverage serving size.

Say,

- Let's find out more about these drinks from the Nutrition Facts Labels on each. Nutrition Facts help you know what nutrients are in a food or drink, so they can help you make smart choices.
- Here's a Nutrition Facts Label for a 20-ounce cola like this one.
- First let's look at serving size.

- Use Poster 1-1: Read the Label to point out where to find serving size and how many servings are in a container.
- Show children where to look on their containers to see how many servings are listed.
- Using an 8-ounce container or a paper cup, show children what a 1-cup serving looks like.
- Circulate until all children have found out the size of their drink container, the serving size, and the number of servings per container.

Say,

- How many servings are in your containers?

- Have children share how many servings are in each of their containers.

Say,

- When you pick up a drink in a large container, do you only drink one serving? Most of us don't. Most of us drink everything that's there!
- Most Nutrition Facts Labels identify nutrients in one serving.
- For instance, cola has 100 calories in one serving,

- Use Poster 1-1 to point out where to find calories per serving and ask children to share how many calories per serving are in their drinks.
- Explain that calories are a measure of how much energy a food or drink provides. If you eat or drink too many calories, this extra fuel gets stored as fat in your body.

Say,

- But remember that there are 2 1/2 servings in a 20-ounce bottle.
- Whenever we have more than one serving, we need to multiply everything on the label by the number of servings.
- So we have to multiply 100 x 2.5 to find that there 250 calories in a 20-ounce bottle of cola.

- Note that all labels tell the number of calories per serving, but some may also tell the number of calories in the whole container.
- If you have such a label, pass it around so children can see what it looks like.

Say,

- A label gives you lots of information. Today we'll focus just on sugar and calcium in drinks.
- Do you see the word 'sugar' under Carbohydrates?

- Use Poster 1-1 to point out where to find sugar under carbohydrates.

Say,

- This label says there are 27 grams of sugar in one serving of cola.
- It can be hard to picture a gram of sugar, so let's convert a gram into something we can easily measure with a teaspoon.

- Hold up a teaspoon and show children Poster 1-2 that demonstrates how 1 teaspoon equals 4 grams of sugar and shows the other calculations below.

Say,

- We know that 1 teaspoon equals about 4 grams of sugar.
- So we can figure out how many teaspoons of sugar there are in any food or drink by dividing the number of grams of sugar per serving by 4.
- So if we divide 27 grams of sugar by 4, we find out that cola has almost 7 teaspoons of sugar per serving

- Point back to serving size on Poster 1-1.

Say,

- Look again at the label.
- How many servings are there in our 20-ounce bottle of cola?
- Right! **2 ½ servings in this bottle.**
- So we have to multiply 7 teaspoons by 2 ½ and that's how we see that there are about 17 teaspoons of sugar in this 20-ounce bottle of cola.

- Hold up the 20-ounce bottle and clear cup holding 17 teaspoons of sugar again.
- Now point to calcium on Poster 1-1.

Say,

- And how much calcium is in this cola?
- Right! **None!**
- That's another reason why sweetened drinks are not healthy.
- Later we'll look for calcium on other drink labels.

Apply: 15 minutes

- Collect containers from children and use as needed to supply your stations.
- Have children get into new groups of 3-4.

Say,

- Now it's your turn.

- As groups form, direct them to stations you have set up ahead of time with Visual Aid 1-V-1, Pages 1 and 2, 1-2 drink containers, sugar, measuring spoons, clear cups, and a pen or pencil at each.
- Have enough stations for each group of 3 or 4 children.
- Circulate so that each group has your attention and supervision.
- Enlist other adults to help children follow the instructions and stay focused on the task.

Say,

- At your station, you'll find a drink container, some sugar, a measuring teaspoon, and Station Instructions.
- Follow the instructions to measure how much sugar is in the drink container.
- Raise your hands if you need help.

- Have children use Visual Aid 1-V-1, including the chart on Page 2, to decide how much sugar is in their drink.
- Give the groups 5-10 minutes to complete their task.
- Then ask them to carefully bring their drink containers and their plastic cups of measured sugar to you and place on a table.
- Ask children to sit in front of you.

Say,

- Good job everyone!
- Now let's see what we learned.
- Of the drinks we have in front of us, which has the most sugar in the whole container?
- Which drink has the least sugar?

- Follow the children's instructions to rearrange the containers so that they line up in order from greatest to least amount of sugar.
- Help children notice that bigger containers have more sugar.
- Hold up red, yellow, and green circles again as you ask children which are Stop, Slow, and Go Drinks.
- Reinforce the main message of the lesson – that low-fat milk and water are healthier than sweetened drinks like soda, fruit drinks, lemonade, etc.

Ask,

- Of all the drinks we've looked at today, which are "Stop Drinks?"
- Right! **Drinks that have lots of sugar aren't healthy.**
- Which drinks are "Slow Drinks?"
- Right again! **100% fruit juice and flavored milk** have nutrients that help us be healthy, but still have a lot of sugar, so we should only have them in limited amounts.
- And what are "Go Drinks" that we should have every day?
- **Low-fat milk and water!**
- Who remembers why milk is important?
- Right! It has **calcium to build strong bones.**

Away and Goal-Setting: 5 minutes

Ask,

- What healthy drinks will you drink more of this week?

- Show Poster 1-3 Take a Healthy Step, pass out Handout 1-2 Family Newsletter and direct children to the goal box at the top of the first page.
- Pass out pens or pencils for the children to choose a goal to work on before the next lesson.

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- ☐ Read a drink label!
- ☐ Limit juice to once a day!
- ☐ Drink milk or water instead of a sweetened drink at least once this week!
- ☐ Play a game I learned today!
- ☐ Try today's recipes!
- ☐ My own idea: _____

Signed: _____

Say,

- Choose one healthy step you can take this week – one way you could choose healthier drinks.
- Look at the ideas for goals on this poster and family newsletter.
- Check off one of these ideas as your goal – or come up with your own and write it in.

- Read the Healthy Step options listed on Handout 1-2 and Poster 1-3.
- Share a goal you set for yourself to choose healthier drinks. Tell children what you did to accomplish your goal.
- Be ready to share other ideas of goals the children might choose to use what they learned in this lesson such as:
 - drink milk with dinner at least 4 nights this week,
 - drink water instead of a sweetened drink when you're thirsty or when you eat out,
 - show your family how much sugar is in a cola.
- Optional: Have children write their goal onto the Clover Goal Handout (in Introduction) as well as on the newsletter.

Say,

- Share your plan with your neighbor.
- Now take this family newsletter home and share it – and your goal – with your family!

Bridge to Lesson 2: 2 minutes

Say,

- Later today we'll make a healthy drink with fruit that tastes great too.
- Who likes fruit? Great! Next week we'll learn more about fruits – and vegetables too!

Closing Active Games: 10 minutes

- Play the games "Calcium Relay" and "Body Stir-Up" with the children.

Food Prep: 10 minutes

- Make one of this lesson's recipes – Fruit Yogurt Smoothie or Water with a Twist.
- Let each child taste a sample.

Fruit Yogurt Smoothie

Ingredients

- 3 cups (12 oz) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- 3/4 cup low-fat yogurt (vanilla or plain)

Instructions

1. Slightly defrost frozen fruit, just enough so that it will blend easily.
2. Pour milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Variations: Add any seasonal fresh or frozen fruit like peaches, pineapple or other berries. Let kids help choose which to use!

Yield: About 7 servings

Source: Adapted from Eating Smart, Being Active, California EFNEP and Colorado EFNEP, 2007.



Nutrition Facts

Serving Size: 3/4 cup

Servings Per Recipe: 7

Amount Per Serving

Calories	80	Calories from Fat	5
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% Daily Value *

Total Fat	<0.5g		0%
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Saturated Fat	0g		0%
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Trans Fat	0g		
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Cholesterol	0mg		0%
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Sodium	55mg		2%
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Total Carbohydrate	15g		5%
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Dietary Fiber	2g		8%
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Sugars	11g		
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Protein	4g		
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Vitamin A	4%	Vitamin C	70%
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Calcium	10%	Iron	2%
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* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

8% calories from fat

Nutrition facts using low fat vanilla yogurt and strawberries

Water with a Twist

Ingredients

Your choice of the following fruits or vegetables:

- Orange
- Lemon
- Lime
- Strawberries
- Pineapple
- Cucumber

Chilled Water

Optional: Use seltzer water instead of plain water



Instructions

1. Cut fruit or vegetable into slices.
2. Have each child choose 1-3 slices to put into their cup. Squeeze citrus to release more flavor into the water.
3. Feel free to mix and match different fruits!
4. Add water to each cup.
5. Eat the fruit as you drink or when you're done!

Sweetened Drinks Active Game # 3



Game Name:	Calcium Relay	5 Minutes
Equipment:	A variety of drink bottles or drink Nutrition Facts Labels (1 per child, including some with calcium) Cones or other boundary markers	
Set Up:	Ask children to count off to create equal-sized teams of no more than 4 per team. Gather teams behind the start line on one side of the room. Set up drink bottles at the other side of the room.	
How to Play:	The first child runs from the start line to the drink bottles, picks up a drink container, returns to the start line, and tags the second child who repeats the relay until all children on the team have had the chance to run and select a container. The goal is to choose drinks <u>high in Calcium</u> . The team gathers their bottles and adds the Percent Daily Value for Calcium (Calcium %) in all the bottles they collected. The team with the greatest amount of Calcium wins.	
Variation:	First do this with calcium (highest amount team wins), then sugar (lowest sugar team wins), and then if time, calories (lowest total calories team wins). Note that labels may include both milk and/or fruit sugar as well as added sugar.	

Sweetened Drinks Active Game # 4



Game Name:	Body Stir-Up	5 Minutes
Equipment:	Boundary markers, lively music, music player (optional)	
Set Up:	Ask children to stand an arm's length apart within boundaries you set.	
How to Play:	When you say "Stir," children move as directed until you call out "Freeze!" and give a command like back-to-back or knee-to-knee. Then they find a partner and freeze in that position. Say "Stir" again, giving them a new way to move, then say "Freeze" and give them a new command. Repeat. Stir (move) ideas: Walk, skip, gallop like a horse, hop, skate, jump like a rabbit, march, crab-walk, like a gorilla, and so forth. "Freeze" ideas: Back-to-back, toe-to-toe, knee-to-knee, elbow-to-elbow, shoulder-to-shoulder, hip-to-hip, knee-to-elbow, hand-to-foot, elbow-to-ankle, and so forth.	
Source:	Adapted from <i>Jump Into Foods and Fitness</i> Lesson 2, Michigan State University Extension, 2006.	

How Much Sugar is in This Drink?

To find the number of teaspoons of sugar in your whole drink container:

Nutrition Facts		
Serving Size 1 cup		
Servings Per Container 2.5		
Amount Per Serving		
Calories	100	Calories from Fat 0
% Daily Value *		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	27g	11%
Dietary Fiber	0g	0%
Sugars	27g	
Protein	0g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

1. Look at the Nutrition Facts Label.
 - a. Find the **Servings per Container**.
 - b. Find the **grams (g) of sugar** per serving.

2. Find your **servings per container*** and **grams of sugar per serving** on the “Change Grams of Sugar into Teaspoons” chart.

HANDOUT 1-2: STATION INSTRUCTIONS PART 2

Change Grams of Sugar into Teaspoons

Grams of Sugar per serving	Teaspoons Sugar in Whole Container		
	1 Serving in Container	2 Servings in Container	3 Servings in Container
5	1	2	3
6	1	3	4
7	1	3	4
8	2	4	5
9	2	4	5
10	2	5	6
11	3	5	6
12	3	6	7
	3 teaspoons	6 teaspoons	8 teaspoons

4. Now look **down** the serving column, and **across** the Grams of Sugar column till you find where the row and column meet. **That's how many teaspoons of sugar are in your whole container!**

* What if your number of servings is not on the chart? Then estimate between the closest ones. For example, if your container has 2 ½ servings – like a 20-ounce cola – then you can estimate that the number of teaspoons of sugar in your container will be about halfway between the teaspoons listed for 2 servings and those listed for 3 servings. Feel free to ask your leader for help!

Change Grams of Sugar into Teaspoons

Grams of Sugar Per Serving	Teaspoons Sugar in Whole Container		
	1 Serving Per Container	2 Servings Per Container	2.5 Servings Per Container
5	1	3	3
6	2	3	4
7	2	4	4
8	2 teaspoons*	4 teaspoons	5 teaspoons
9	2	5	6
10	3	5	6
11	3	6	7
12	3 teaspoons	6 teaspoons	8 teaspoons
13	3	7	8
14	4	7	9
15	4	8	9
16	4 teaspoons	8 teaspoons	10 teaspoons
17	4	9	11
18	5	9	11
19	5	10	12
20	5 teaspoons	10 teaspoons	13 teaspoons
21	5	11	13
22	6	11	14
23	6	12	14
24	6 teaspoons	12 teaspoons	15 teaspoons
25	6	13	16
26	7	13	16
27	7	14	17
28	7 teaspoons	14 teaspoons	18 teaspoons
29	7	15	18
30	8	15	19
31	8	16	19
32	8 teaspoons	16 teaspoons	20 teaspoons
33	8	17	21
34	9	17	21
35	9	18	22

* Amounts have been rounded to the nearest whole number.

Read the Label!

Nutrition Facts

20 Ounce Cola



Serving Size: 1 cup

Servings Per Container: 2.5

Amount Per Serving

Calories	100	Calories from Fat	0
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% Daily Value *

Total Fat 0g	0%
---------------------	----

Saturated Fat 0g	0%
------------------	----

Trans Fat 0g	
--------------	--

Cholesterol 0mg	0%
------------------------	----

Sodium 20mg	1%
--------------------	----

Total Carbohydrate 27g	11%
-------------------------------	-----

Dietary Fiber 0g	0%
------------------	----

Sugars 27g	
-------------------	--

Protein 0g	
-------------------	--

Vitamin A	0%	Vitamin C	0%
-----------	----	-----------	----

Calcium	0%	Iron	0%
----------------	----	------	----

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

How Much Sugar?

To find the teaspoons of sugar in a 20-ounce bottle of cola:

1. Find **grams of sugar in one serving** from the

Nutrition Facts Label = 27

2. Divide the **number of grams** by 4 to get teaspoons.

$$27 \text{ grams of sugar per serving} \div 4 = 7 \text{ teaspoons per serving}$$

3. Find the **Servings Per Container** from the Nutrition Facts

Label = 2.5

4. Multiply the **teaspoons sugar per serving**
times the **number of servings per container**.



$$\begin{array}{rcl} & \underline{7} & \text{Teaspoons sugar per serving} \\ \times & \underline{2.5} & \text{Servings Per Container} \\ \hline = & \underline{17} & \text{Teaspoons sugar in whole} \\ & & \text{20-ounce cola container} \end{array}$$

Take a Healthy Step!

**Choose one action you'll take in
the coming week.**

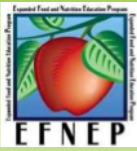
I will:

- ☐ Read a drink label!
- ☐ Limit juice to once a day!
- ☐ Drink milk or water instead of a
sweetened drink at least once this week!
- ☐ Play a game I learned today!
- ☐ Try today's recipe!
- ☐ My own idea:

Signed:



Cornell University
Cooperative Extension



Choose Healthy Drinks!

Take a Healthy Step!

Choose one action you'll take in the coming week.

I will:

- ☐ Read a drink label!
- ☐ Limit juice to once a day!
- ☐ Drink milk or water instead of a sweetened drink at least once this week!
- ☐ Play a game I learned today!
- ☐ Try today's recipes!
- ☐ My own idea:

Signed: _____

Drink Water and Low-Fat Milk Instead of Sweetened Drinks!

Did you know that a 20 oz bottle of soda has 17 teaspoons of sugar in it? Other sweetened drinks like fruit drinks, lemonade and iced tea have almost as much! These drinks are high in calories, come in large containers, and don't make us feel full, so they are easy to drink too much of. This can lead to weight gain and cavities. Even 100% juice is easy to overdo – experts recommend no more than $\frac{3}{4}$ cup juice per day for 7-18 year olds.

Water and milk are healthier choices. When kids drink sweetened drinks, they often don't drink milk – and don't get the calcium they need for their growing bones. Experts recommend that children drink 2-3 cups of 1% or fat-free milk or dairy each day and keep sweetened drinks to a minimum. See www.ChooseMyPlate.gov for more tips!



Fruit Yogurt Smoothie

Ingredients

- 3 cups (12 oz) strawberries or other frozen fruit
- 2 cups fat-free milk
- 1 large banana
- $\frac{3}{4}$ cup low-fat yogurt (vanilla or plain)

Instructions

1. Slightly defrost frozen fruit, just enough so that it will blend easily.
2. Pour milk into a blender.
3. Add frozen fruit pieces to blender.
4. Add banana and yogurt.
5. Blend until smooth – about 30-45 seconds.

Variations: Add any seasonal fresh or frozen fruit like peaches, pineapple or other berries. Let kids help choose which to use!

Yield: About 7 servings

Source: Adapted from *Eating Smart, Being Active*, California EFNEP and Colorado EFNEP, 2007.



Nutrition Facts

Serving Size: $\frac{3}{4}$ cup

Servings Per Recipe: 7

Amount Per Serving

Calories 80 Calories from Fat 5

% Daily Value *

Total Fat <0.5g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 15g 5%

Dietary Fiber 2g 8%

Sugars 11g

Protein 4g

Vitamin A 4% Vitamin C 70%

Calcium 10% Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

8% calories from fat

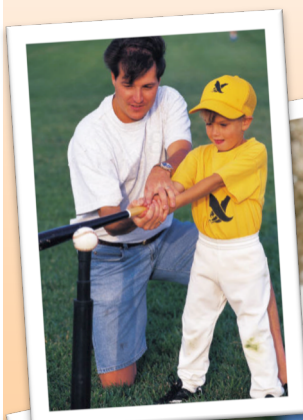
Nutrition facts using low fat vanilla yogurt and strawberries

Choose Healthy Family Activities!

Take them outside!

Did you know that kids are naturally more active when they're outside? Adults too! Being outside helps us all feel like running and jumping for joy! Look for opportunities to join your kids on trips to the playground, go for a walk, throw snowballs, or just play a game of catch outside.

Children need at least 60 minutes of active play a day – and where is it more fun to play than outdoors? Play with your kids and they'll want to play even more!



Water with a Twist

Ingredients

Your choice of the following fruits or vegetables:

Oranges, Lemons, Limes,
Strawberries, Pineapple,
Cucumber

Chilled Water

Optional: Use seltzer water instead of plain water



Instructions

1. Cut fruit or vegetable into slices.
2. Add slices of your choice to a pitcher of water. Squeeze citrus to release more flavor into the water.
3. Feel free to mix and match different fruits!
4. Serve and enjoy.
5. Eat the fruit as you drink or when you're done!