



# Rethink your Drink

3<sup>rd</sup> grade lesson plan

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## GOAL

Students will learn how to choose healthy beverages.

## OBJECTIVES

1. Students will be able to identify healthy beverages.
2. Students will understand that sugar sweetened beverages should be limited due to excess added sugars.

## MATERIALS NEEDED

- PowerPoint slides or printed images
- Food and equipment for taste test
- Regular and diet soda cans + clear container that can hold water **OPTIONAL**
- 5 lb. bag of sugar **OPTIONAL**
- Teaspoons and clear plastic 9 oz cup **OPTIONAL**

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## REVIEW

Review previous lesson

## MIND GRABBER

You have probably heard the saying “you are what you eat”, but have you ever heard “you are what you drink”? This means that the drinks you choose are just as important for your body as the food you eat. Today we will learn how to choose the right drinks to keep our bodies healthy.

- Optional Activity:
  - I have this container filled with water. I also have a can of regular soda and a can of diet soda. What do you think will happen when I put them in the water? One will float and one will sink. Any guesses which one will sink and which will float? Why do you think the diet soda floats?
  - The regular soda sinks to the bottom because it weighs more – a can of regular soda contains 10 teaspoons of sugar, compared to 0 teaspoons of sugar in the diet soda. Drinking a soda is the same thing as eating candy. When you have a soda with your meal, it would be more accurate to think of it as your dessert rather than your drink.

Review key points from previous lesson

Optional soda activity: Place soda in water after students make their guess. Or use “Will it float?” picture.

Measure out the number of teaspoons of sugar into a clear plastic cup.



Public Health

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- Diet soda uses artificial (fake) sweeteners instead of sugar. They are much sweeter than natural sugar so they use only a small amount. So, is diet soda a good choice? Although diet soda does not contain any sugar, it also does not contain any nutrients to make your body healthy.

## ALL ABOUT SUGAR

### What's Wrong with Sugar?

You've probably heard someone say "that has too much sugar" or "you shouldn't eat all that sugar." So you might be asking yourself, "What's wrong with sugar?" Most of us really enjoy the sweet taste of sugar -- and having some sugar is fine and adds to our enjoyment of some foods.

- However too much ADDED sugar can cause cavities. AND it can fill you up so you can't eat much else but provides little or no healthy nutrients.

Today we are going to talk all about sugar.

### Natural vs. Added Sugar

There are 2 different types of sugar. Natural sugar and added sugar. Does anyone know the difference between them? Which picture represents natural sugar? And which picture represents added sugar? That's right, the donut is an example of added sugar and the apple is an example of natural sugar.

#### **Added Sugar**

What is added sugar? Added sugar is sugar added to foods to make them taste sweet. The foods on this slide all have a great deal of added sugars. These would definitely be our "SLOW" snacks. Remember, they have tons of sugar without much of the healthy stuff like vitamins and minerals.

- What are some examples of foods you eat that have lots of added sugar?

#### **Natural Sugar**

What is NATURAL sugar? Natural sugar is sugar that is found naturally in food. The sugar in these foods comes directly from nature. These foods have vitamins and minerals which our bodies need to be healthy.

- What are some examples of foods that you eat that have natural sugar? These would be our "Go" choices for healthy snacks.

So we've mainly been talking about foods, but what about drinks, do drinks have added and natural sugars? Yes! Thinking about natural and added sugars is also important when we think about what we drink.

- Plain white milk and 100% juice are two drinks with natural sugars – The sugar is naturally present, it is not added. Along with the sugar, these drinks provide vitamins, minerals and other healthy nutrients.
- Soda and sports drinks – These drinks have sugar added to them to make them taste sweet to us. The sugar is not found naturally in these drinks. Remember, we want to limit our foods and drinks that

Show picture of a food with added sugar and a food with natural sugar.

Show pictures of foods with added sugars.

Show pictures of foods with natural sugars.

Show picture of drinks with natural sugar vs added sugar.



have too much added sugar, because they do not provide our body with healthy nutrients like vitamins and minerals. Sugary drinks give us quick energy that just lasts a short time without any nutrients your body needs to be healthy. You can think of sugary drinks as liquid candy. They taste good but they do not help us build and keep a healthy body. Besides soda, what are some other beverages/drinks that have added sugars?

- Soda, sweet tea, sports drinks, fruit drinks, coffee drinks, flavored milk

Do you think a food or a drink can have both natural and added sugar? Think about chocolate milk -- what is it made from? White milk and chocolate syrup. What type of sugar does white milk have? Natural sugar. Do you think chocolate syrup has sugar in it? Yes! Is it natural sugar or added sugar? Added sugar. So, chocolate milk has both natural and added sugar in it.

### Nutrition Label

How do you know if a food or a drink you are consuming has any sugar? You have to look on the nutrition label. Have you ever notice the food label on the foods you buy? This is what the food label looks like. We can use the food label to tell us how much sugar is in a drink and if it is natural or added sugar. Here are two different food labels – one is for white milk and the other is for chocolate milk. Let's take a look to see where we can find how much sugar is in the drink.

- You can see on the label that the white milk contains 12g of sugars. The chocolate contains 18g of sugar.

**YOUR TURN!** I'm going to pass out some empty drink bottles and we are going to see what we can learn about the sugars in these drink.

- Now take a look at your bottle, how many grams of sugar does it have?

How do you know if the sugars found in the food are natural or added? We will have to look at the ingredients list part of the food label to find out. The ingredient list is a *list* of all the stuff that was added and then mixed together to make that food.

- You can check the ingredients list (a part of the food label) to determine how much added sugar is in the beverage. Ingredients are listed by weight on the nutrition label, so the ingredients listed first are the most important – are found in the greatest amount in the food or drink. If sugar is listed as the first few ingredients, then you can say that beverage contains a lot of ADDED sugar and may not be the best choice for your body.
  - Ingredients: Lowfat milk, Vitamin A Palmitate, Vitamin D3
  - Ingredients: Lowfat milk, Sugar, Contains less than 1% of: Cocoa (Processes with Alkali), Cornstarch, Salt, Carrageenan, Natural Flavor, Vitamin A Palmitate, Vitamin D3

Show pictures of drinks that have added sugar.

Show picture of a nutrition label.

Show picture of nutrition labels for both white milk and chocolate milk.

Pass out empty drink containers to students.

Show pictures of the ingredients list for both white milk and chocolate milk.



Did you know that sugar is really sneaky? Sugar hides under many different names in the ingredients list.

- These are examples of just some of the other names for sugar. Look how many there are!
- Even though it goes by other names, sugar by any other name is still SUGAR! If it's in the ingredient list that means it is an ADDED sugar.
  - Take a look at this ingredients list, see how many different sugars are hiding here under different names!

**YOUR TURN!** Now take a look at the ingredients list on your bottle.

- Do you see any type of sugar listed in the ingredients list?
- Does your drink have natural or added sugar in it?

Let's go back to our milk labels. Remember white milk has 12g of sugar in 1 cup. Does anybody know how much 12g of sugar is? Probably not. We don't really think in grams here in the United States. Does anybody know about how much a teaspoon is? We use it in cooking all the time. We can convert our grams of sugar into teaspoons of sugar so that we have a better idea of how much sugar is in our food and drinks. All you have to do is divide the grams of sugar by 4 and that gives the number of teaspoons. So 1 cup of white milk has 3 teaspoons of sugar in it and 1 cup of chocolate milk has 4.5 teaspoons of sugar in it. Which one has more sugar? Right! The chocolate milk.

**YOUR TURN?** Now take a look at the nutrition label on your bottle.

- How many teaspoons of sugar are in your drink?

### Sugar Recommendations

So how much added sugar should we limit ourselves to be our healthiest? We should try to eat no more than 6 teaspoons of added sugar in a day. Think of 6 teaspoons as your "sugar budget" for the day. Do you think you eat/drink 6 teaspoons of added sugar a day? More? Less?

- Most of us eat more sugar than we think. The average American consumed about 152 pounds of added sugar in the year 2010 which is about 20 teaspoons of added sugars per day. This is way more than we should be eating to be healthy.

A major source of sugar in our diets comes from sugar sweetened drinks like sodas, fruit punches, energy drinks, iced tea, and sports drinks (like Gatorade). Let's take a look at some of our favorite drinks and see how much sugar is in them.

- 8 ounces of water has 0 grams of sugar
- 8 ounces of white milk has 12 grams (3 teaspoons) of sugar (and it's all natural, meaning none of it was added in- it's a part of the milk)

Show picture of many names of sugar. Point out a few common ones.

Have students look at the drink container to see if it has any sugar in it and what type.

Show students a teaspoon measuring spoon.

Show a picture of 6 teaspoons of sugar.

Show a picture of 20 teaspoons of sugar.

Use pictures of drinks with the number of teaspoons of sugar listed ("Sugar in drinks pictures"). It helps to have the empty containers of the drinks as well. As the students name different drinks, you can lay them out in order from least to most sugar. Can have a natural, free flowing discussion around this.



- 8 ounces of chocolate milk has 18 grams (4.5 teaspoons) of sugar, (some natural and some added)
- 8 ounces of orange juice has 24 grams (6 teaspoons) of sugar. (This sugar is also a natural part of the juice, none of it added in.)

Let's talk a little more about juice – since there are so many types at the store. Does juice have natural or added sugar in it? Well, it depends on the juice. We want to choose juice that is 100% juice. Does this carton say 100% juice? Yes, that means that it should be made all from the juice of the fruit. You can see that this is White Grape and Apple Juice. What do you think this juice should be made of? Yes! Grapes and Apples. Let's take a look at the ingredients list. Is it made from apples and grapes? Yes! 100% juice is made all from the juice of the fruit.

How about this one? Kool-aid Grape drink. What do you think this juice should be made of? Grapes, right? Let's take a look at the ingredients list...is it made of grapes? No! Look at all of the ingredients used to make this drink...and none of them came from grapes! Just the name of the food can be deceiving! The ingredients list gives us a lot of information about what was used to make the food. Do you think this is 100% juice? No, because it doesn't actually have any grapes juice in it. *When we are trying to decide what type of juice to drink 100% juice is the best choice.*

Ok, let's get back to our sugary drinks.

- Does Gatorade have any sugar? 20 ounces of Gatorade (a regular size individual bottle) has 34 grams (8.5 teaspoons) of sugar. Do you think it is natural sugar or added sugar? That's right, added sugar.
  - If you've been outside playing at recess or walking your dog, do you need Gatorade? No, Gatorade does have some nutrients in it that help your body rehydrate but you only need Gatorade (or any other sports drink) if you have been exercising really hard for at least 90 minutes (that's an hour and a half) or you have been sweating so much that you can wring the sweat out of your shirt...then a sports drink might be a good idea. And even then, water and a piece of fruit will do the job AND give your body more nutrients.
- A 30 ounce large sweet tea from McDonalds has 54 grams (13.5 teaspoons) of sugar. Added sugar or natural sugar?
- A 12 ounce can of soda has 39 grams (10 teaspoons) of sugar. Added sugar or natural sugar?
- A 20 ounce soda has 68 grams (17 teaspoons) of sugar.
- A large 22 ounce McDonald's Chocolate McCafe Shake has 99 grams (25 teaspoons) of sugar. If you really wanted to drink this shake, what could you do so that you are not drinking ALL that sugar? Good! You could share it with someone else or you could order the small size.

Show picture of white milk, 100% juice, and water.

### The BIG 3 – Best Choices to ReThink Your Drink



Clearly, we aren't aware of how much sugar is in the drinks we like to drink. SO what are some better choices we can make? Let's talk about the BIG 3 in drinks: milk, 100% juice, and good 'ol water.

## MILK

- Plain milk is one example of a healthy beverage choice because it provides our bodies with calcium which helps us build strong bones and teeth
  - What about flavored milk?
    - Flavored milk, like chocolate or strawberry, contains natural and added sugars, but much less added sugar than a typical can of soda. A cup of chocolate milk has about 1.5 teaspoons of added sugar compared to 10 teaspoons of added sugar in a can of soda. Chocolate milk still has the same healthy nutrients in it as regular milk. However, it does have extra sugar that we don't need so we may want to think about having flavored milk less frequently and plain while milk more often.

## 100% JUICE

- 100% fruit and vegetable juices are also examples of healthy beverage choices because they provide many different vitamins and minerals, like vitamin C
  - Beware of imposters – there are many beverages that are labeled as “fruit drinks” and “fruit cocktails” that are not 100% juice. These imposters may contain some nutrients like vitamin C, but also usually contain a lot of sugar!
  - Make sure to look for the “100% juice” claim on the label. (Even though 100% juice is a good drink choice, we want to limit ourselves to about 1 cup of juice or 1 juice box a day and try to get most of our fruit nutrients from whole fruit.)

## WATER

- Water is another example of a healthy beverage. Check out these water facts:
  - Did you know that most of our weight is water? Our bodies contain about 50-75% water (which equals 10-12 gallons!) Water is the most abundant nutrient in the body.
  - Your body can not survive without water.
  - Why does our body need water?
  - Water helps keep our body temperature the same, around 98.6°F so we don't get too hot or too cold.
  - Water helps you digest foods and carry other nutrients from foods to other parts of your body.
  - Water keeps your eyes and mouth moist.
  - Most of us drink water, but did you know that you eat water too? Water is found in foods such as juicy fruits and vegetables like watermelon.
- The great thing about water is that it is the one drink that you can and should drink all throughout the day whenever you feel thirsty.

## WRAP-UP

Today we talked about different types of drinks. Sometimes we aren't aware of the amount of sugar in some of our favorite drinks. Beware of soda, punch, sports drinks, sweet tea and lemonade. Think of these drinks as liquid candy. Remember the big 3 – water, milk and 100% juice.

- Optional water music videos:
  - Drink WAT-AAH! Video: <https://www.youtube.com/watch?v=8iVG7U64wSo>
  - Drink Up: River of Life song: <https://www.youtube.com/watch?v=Py99g-HujnE>



## CHALLENGE

I challenge you to ReThink Your Drink this week by replacing one sugary drink with one of the big 3 choices – water, milk or 100% juice.

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## TASTE TEST IDEAS

- Herbal tea – try fruit flavored herbal teas. Steep tea and serve over ice with an optional slice of lemon, orange or lime.
- Fruit Fizzies – mix ½ juice and ½ seltzer of choice. Need 2 juice bottles and 2-3 seltzers per class.
- Orange Julia – 2C milk, 6oz OJ concentrate, 1 tsp vanilla, 10 crushed ice cubes – mix in blender
- Purple Cow – 1/4 C grape juice, 1C milk, 1 banana – mix in blender

Spa Water – Pitcher of cold water. Add ½ C thinly sliced cucumber and ½ C fresh mint. Other combinations to try: Thin slices or zest of lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger. Fresh leaves, springs or crushed mint, basil, rosemary, parsley or other herbs.

## OPTIONAL SMALL GROUP ACTIVITIES

1. **Cooking Demonstration:** Prepare one of the above beverages in front of the class, or have volunteers help measure and add ingredients to a pitcher.
2. **Match sugar tubes to beverages:** In groups, have students try to match sugar tubes to empty beverage containers or pictures. Reveal the correct matches to the class. Discuss any surprises.

## STUDENT HANDOUTS

- Soda Countdown
- What's in Your Drink?
- Rethink Your Drink Notes Page
- How does your drink measure up?

## PARENT HANDOUTS

- Today in Nutrition Class: Rethink Your Drink
- 10 Tips: Make Better Beverage Choices
- 10 Tips: Cut Back on Your Kid's Sweet Treats

