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Elementary Program
Unit 3.7

Lesson: Better Beverage

Supplies Needed:

- Empty beverage containers (water bottle, soda can, low-fat milk carton, low-fat chocolate milk carton, 100% juice box, and sports drink bottle)
- 3.7_LV_Better-Beverage-Visual
- Optional: 6oz, 8oz, 12oz, and 16oz plastic cups

Goals:

- Students will learn the importance of staying hydrated.
- Students will be able to identify healthy beverage choices.
- Students will understand how to use the nutrition label to evaluate beverage choices.

Background:
Many children don't drink enough water. Dehydration can lead to headaches, nausea, diarrhea, fatigue, mood swings, and cramping. Note that there is not a magic number as to how many ounces of water a child should drink in a day (given the variability in activity level and size of the child). However, one can safely assume that most children need at least five cups of water per day. This lesson will emphasize that water is the best beverage choice, followed by milk or milk substitute, and finally 100% juice -- no more than 1 cup per day. Sports drinks, punch, and sodas are beverages that should be consumed in moderation, if at all.

Lesson:
Let's have everyone get up now and let's do two minutes of exercise. **(Select two or three exercises suggested by the students.)**

Today we are going to talk about beverages **(Line up the beverages on a table or desk.)**.

Why is it so important to drink fluid? **(Show slide 1.)** Staying hydrated is incredibly important for our health. Over 60% of our body is made of water! When we don't drink enough fluid, we can become dehydrated. Being dehydrated can make us feel sleepy, hungry, or crabby. It can also make it hard to concentrate, cause a headache, or cause an upset stomach.

(Show slide 2.) Children your age need to drink 6-8 cups of fluid per day. One cup is about this size **(Hold up milk 8 oz. carton.)**. The more active you are the more fluid you will need to drink.

Here are a few samples of beverages. **(Hold up each container separately - water bottle, soda can, low-fat milk carton, 100% juice box, and sports drink bottle.)**

Today, we are going to rank these beverages from least healthy to most healthy.
Raise your hand if you can identify the beverage that is the least healthy.

(Hold up the soda bottle and Show slide 3.) Yes, soda provides no nutritional value. It is loaded with sugar and sometimes caffeine. Last year, it was estimated that the average American consumed 592 cans of soda! That is over 32 pounds of sugar per year. Raise your hand if you know what might happen if someone continues to drink that much soda?

(Drinking too much soda can lead to tooth decay, poor health, weight gain, and an increased risk of developing diabetes.)

(Show slide 4.) Diet sodas, although they don't contain sugar, provide no nutritional value, and contain many artificial ingredients. It is best to limit soda, both diet and regular, to a *sometimes* beverage, if you decide to drink it at all.

(Optional: Have a student look at the sample and answer the following questions.)

Let's read the nutrition facts for a 7.5oz can of Pepsi.

- How big is the serving size?
  (*One can = 7.5oz.)*
- What vitamins and minerals does it show percentages for?
  (None, so it is not a good source for these.)
- How much sugar per serving?
  (*26g)* That's about 8 ½ teaspoons of sugar!

Raise your hand if you know which beverage should come next. **(Hold up sports drink bottle and Show slide 5.).** Are you surprised?

Many people think that sports drinks are healthy and needed after sports. However, they contain a lot of sugar and artificial ingredients and dyes. They were developed for professional athletes who exercise very hard for hours at a time. Unless you are exercising very hard for hours at a time or a doctor recommends it, you probably don't need a sport drink. Water and a piece of fruit would be great refreshers after exercise most of the time.

(Optional: Have a student look at the sample and answer the following questions.)

- How big is the serving size?
  (*One bottle = 12oz)*
- What % of vitamins and minerals does it have?
  (None are listed.)
- How much sugar per serving?
  (*21g)* That's about 5 teaspoons of sugar!

Which beverage should come next? **(Hold up 100% juice box and Show slide 6.)** 100% juice contains vitamins and minerals, but it takes many pieces of fruit to make a small amount of juice. Also, many fruit juices have the pulp and skin removed, leaving them with no fiber and sometimes less nutrients than whole fruit. This is why the American Academy of Pediatrics recommends limiting 100% fruit juice to *one cup* per day. One cup is the size of this container.

Also be watchful for juice look-alikes or wannabes. Some punches and juices are not 100% juice, so make sure to read the ingredient list. **(Point to the ingredient list on the juice box.)** Remember, grape and orange soda don't count as juice.

It is better to eat most of your fruits rather than drink them! Whole fruits will give you longer lasting energy than you would get from juice.

(Optional: Have a student look at the sample and answer the following questions.)

Let's read the nutrition facts for an 8oz juice box of 100% Orange Juice plus calcium.

- How big is a serving?
  (One box = 8 oz.)
- What vitamins and minerals does it show percentages for? A lot! Here are the highest.
  - Vitamin C - 20%
  - Vitamin D - 25%
  - Calcium - 35%
  - Thiamin - 10%

- How much sugar per box?
  (*22g)* That's about 5 ½ teaspoons of sugar! That's why it's so important to limit juice to one cup a day.

Which beverage should come next?
(Hold up chocolate milk carton, then the skim milk container. Show slide 7.)

Milk contains calcium and vitamin D. Raise your hand if you can tell me how this helps you?
(Helps build strong bones and teeth.)

Milk also contains protein. Raise your hand if you can tell me how that helps your body.
(Helps build strong muscles.)

Growing kids need 3 servings of dairy per day. Drinking this one carton is one serving. Chocolate and strawberry milk also contain these vitamins. However, they are high in sugar, and so both chocolate and strawberry milk should be consumed every once in a while.

(Optional: Have a student look at the sample and answer the following questions.)

Let's compare the nutrition facts for low fat chocolate milk and fat free milk.

- How big is a serving?
  (One box = 8 oz.)
- What nutrients does it show percentages for? Are they the same for both milks?
  (Calcium, vitamins A and D, Protein. They are the same for both milks)
- How much sugar per serving is in each?
  (*25g for chocolate and 11g for white)* That's over twice as much!

If you drink a lot of chocolate milk now, try substituting white milk some of the time. Small changes can make a big difference in your health!

Finally, which beverage is the best choice?

(Hold up water bottle and Show slide 8.) Water is our clear winner! It gives you long lasting energy and contains no sugar, dyes or artificial ingredients. The best part about water is that is usually available everywhere and it is free!

It is important to stay hydrated throughout the day! At a minimum, you should drink at least five cups of water per day. If you are very active or it is hot outside, you will need to drink more water.

Optional Activity: Juice and Portion Control

Show the class 6 oz., 8 oz., 12 oz., and 16 oz. cups. Ask the students which glass looks like the amount of juice they usually have at home. Explain that the students should limit juice to the amount in the 8 oz. glass or less.

Example: Sugar in whole orange vs. orange juice

Portion	Sugar	Fiber
1 medium whole orange	3 tsp.	3.1 g
6 oz. orange juice	4 tsp.	0.4 g
8 oz. orange juice	5.5 tsp.	0.5 g
12 oz. orange juice	8 tsp.	0.8 g
16 oz. orange juice	11 tsp.	1.0 g

Resource: http://www.cdc.gov/NCCdphp/dnpa/healthyweight/healthy_eating/drinks.html