

3 April Lesson: Better Beverage

Goals:

- Students will learn the importance of staying hydrated.
- Students will be able to identify healthy beverage choices.

Audience: 3rd

Optional Craft, Activity or Snack:

- Wuice (Recipe)
- Elephant Tag
- Liters and Milliliters

Materials:

- Empty beverage containers (water bottle, soda can, low-fat milk carton, low-fat chocolate milk carton, 100% juice box, and sports drink bottle)
- Better Beverage Visual

Core Common Standards:

- English Language Arts: Speaking and Listening: 3.1
 - Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on *grade 3 topics and texts*, building on others' ideas and expressing their own clearly.
 - Follow agreed-upon rules for discussions (e.g., gaining the floor in respectful ways, listening to others with care, speaking one at a time about the topics and texts under discussion).
 - Ask questions to check understanding of information presented, stay on topic, and link their comments to the remarks of others.
- English Language Arts: Speaking and Listening: 3.3
 - Ask and answer questions about information from a speaker, offering appropriate elaboration and detail.

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 5 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:

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): *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.

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.

(Show Slide #4) Let's read the nutrition facts for a 12oz can of Coca Cola.

- How big is the serving size? (*one can = 12oz*)
- How many calories per serving? (*140 calories*)
- How much sugar per serving? (*39g*) That's about 10 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, but they contain a lot of sugar and artificial ingredients and dyes.

(Show Slide #6) Let's read the ingredients for a 12oz bottle of G Series Perform 02. Sucrose and dextrose are added sugars. Yellow 6 is an artificial food coloring. Artificial colorings are man-made chemicals that change the color of our food. Raise your hand if you know what Gum Arabic or Glycerol ester of rosin is? Can you buy these at a grocery store? If you don't recognize the name or have trouble spelling it, it probably is not a natural ingredient.

Some people think they need sports drinks after sports. However, these 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 maybe a piece of fruit would be great refreshers after exercise.

- How big is the serving size? (*one bottle = 12oz*)
- How many calories per serving? (*80 calories*)
- 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 #7). 100% juice contains vitamins and minerals, but it also contains a lot of natural sugar, so you **should limit to one cup per day**. One cup is the size of this milk container! Be careful with juice look-alikes, 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.

(Show Slide #8) Let's read the nutrition facts for a 4oz juice box of 100% Apple Juice.

- How many calories are in one box? (*60 calories*)
- How much sugar per box? (*15g*)
- How much sugar would be in 8oz? (*30g*) That's over 7 teaspoons of sugar in 1 cup of juice! That's why it's so important to limit juice to 1 cups a day.

Which beverage should come next?

(Hold up Chocolate milk carton then Skim Milk container Show Slide #9). 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 still contains these vitamins, however, it is high in sugar, and so both chocolate and strawberry milk should be consumed in moderation.

(Show Slide #10) Let's compare the nutrition facts for Low Fat Chocolate Milk and fat free milk.

- How many calories per serving? (*160 calories – chocolate, 80 calories white*) twice as much for chocolate
- How much sugar per serving? (*25g for chocolate and 11g for white*) That's over twice as much!
- The rest of the nutrients are the same. So, 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 #15). Water is our clear winner! It gives you long lasting energy, 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 5 cups of water per day. If you are very active or it is hot outside, you will need to drink more water.

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