

## Better Beverages

### Goals:

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

### Audience:

- K-2nd

### Optional Craft, Activity or Snack:

- *Wuice (Recipe)*
- *Beverage Bowling*

**Materials:** *Empty beverage containers (water bottle, soda can, low-fat milk carton, 100% juice box, and sports drink bottle)*

### Lesson:

*(line up the beverages on a table or desk)*

Leader: Today we are going to have a race! I have 5 competitors:

1. Starting in position one is wonderful water
2. Position two is swift soda
3. At position three we have marvelous milk
4. Position four is speedy sport drink
5. Finally, position number five is jumpin' juice

Before we start our race, I'd like to give you a little more information about the importance of drinking fluid. Staying hydrated is incredibly important for our health, but there are quite a few beverage options to choose from! During this race, we will find out which choice is the gold medal winner.

Our bodies need to stay hydrated. 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, and sometimes crabby. It can also make it hard to concentrate, cause headaches and an upset stomach.

Kids your age need to drink 5-8 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 need to drink.

Raise your hand if you think you know who is going to win this race. Let's see if you're right!  
On your mark, get set, go!

First, soda and sports drink have a quick start and lead the pack. Juice is closely behind, with water and milk at a steady pace. This quick burst of energy must be from all the sugar that is in soda and sports drink.

But soda is quickly running out of energy, and is suddenly way behind the rest of the group (place at the end). Sports drink and juice are neck and neck, with water closely behind, and milk is in fourth place. Milk is slowly starting to make a break for it, she looks really strong today. Sports Drink is starting to run out of energy, his coloring doesn't look so good. He is full of dyes and artificial ingredients (second to last)

They are on the last lap and water is making a big break. Water is running swiftly, nothing holding him back! Milk is close behind, check out her smile as she passes juice. Water is clearly way ahead of the pack. Water finishes in first place, followed by milk, then juice, sports drink, and finally soda crawls across the finish line.

The top three finishers are water, milk, and juice. Water is the best performer. It gives you long lasting energy, contains no sugar or dyes or artificial ingredients. Next is low-fat or skim milk. Milk is a good source of calcium and protein, which helps build strong bones and teeth. Finally, juice made our third place position. 100% juice contains vitamins and minerals, but it is high in sugar, **so limit to one cup per day.**

Unfortunately, the sports drink and soda didn't place in the race. These beverages are full of sugar and will slow the body down. These drinks should be consumed in moderation.

It is important to stay hydrated throughout the day! When choosing beverages, keep in mind the gold medal winner: water!

**Resources:**

[http://www.cdc.gov/NCCdphp/dnpa/healthyweight/healthy\\_eating/drinks.htm](http://www.cdc.gov/NCCdphp/dnpa/healthyweight/healthy_eating/drinks.htm)