

Better Beverages

Goals:

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

Audience:

- 3rd-5th

Optional Craft, Activity or Snack:

- Wuice (Recipe)
- Smoothie (Recipe)

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)

Today we are going to talk about beverages!

Why is it so important to drink fluid? 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 and, sometimes, crabby. It can also make it hard to concentrate, cause a headache or cause an upset stomach. Kids 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 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): 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.

Raise your hand if you know which beverage should come next.

(Hold up Sports/Energy Drink). Are you surprised? Many people think that sports drinks are healthy, but they contain a lot of sugar and artificial ingredients and dyes.

Which beverage should come next?

(Hold up Juice Container). Juice is our bronze medal winner. 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).

Which beverage should come next?

(Hold up milk). Low-fat or skim milk is our silver medal winner. Milk contains calcium and vitamin D, which helps build strong bones and teeth. Growing kids need 3 servings of dairy per day. Drinking this one carton is one serving. Chocolate milk still contains these vitamins, however, is high in sugar, so chocolate milk should be consumed in moderation.

Finally, which beverage is our 1st place winner?

(Hold up water). 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! When choosing beverages, keep in mind the gold medal winner: water!

Resources:

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

Teaching Tip: Taking a Wrong Answer and Making It Right

When asking students for healthy beverage ideas, you will most likely hear ‘strawberry milk!’ Rather than shooting down the response (refrain from shaking your head or wrinkling your nose), think of how you could turn this answer into a ‘right’ answer.

Instead of: “Strawberry milk is loaded in sugar!”

Try this: “Strawberry milk provides a good source of calcium and vitamin D- which are important nutrients for building strong bones and teeth. Raise your hand if you can think of another beverage that contains vitamin D and calcium, but maybe not as much sugar?”

*Remember it is all in the tone of your voice.