

**Overall Learning Objectives:**

1. Know the importance of staying hydrated.
2. Be able to identify healthy beverage options.

**Agenda:**

20 minutes	<ul style="list-style-type: none"> <li>• Sign-in, <a href="#">Welcome</a></li> <li>• Exercise - Week 3</li> </ul>
15 minutes	<ul style="list-style-type: none"> <li>• <a href="#">Better Beverage lesson</a></li> <li>• <a href="#">Sample Beverages</a> visuals</li> </ul>
10 minutes	<ul style="list-style-type: none"> <li>• Review <a href="#">Keeping it Clean</a>, <a href="#">Safety Tips</a>, <a href="#">Reading a Recipe</a></li> </ul>
20 minutes	<ul style="list-style-type: none"> <li>• Everyone washes hands</li> <li>• Read recipe, talk about MyPlate/food groups, and make <b>Recipe 1</b></li> <li>• Read recipe, talk about MyPlate/food groups, and make <b>Recipe 2</b></li> <li>• Everyone helps clean up</li> </ul>
20 minutes	<ul style="list-style-type: none"> <li>• <a href="#">Elephant Tag</a></li> </ul>
5 minutes	<ul style="list-style-type: none"> <li>• Complete class evaluations</li> <li>• Optional: present to parents what they learned and made</li> </ul>

See [Teaching and Program Implementation Kits](#) for additional materials needed for class.

Select recipes:

- Choose two drink recipes that are heavy in fruits and vegetables.

See [Recipe Selection and Giveaways](#) for suggestions on recipes.

**Welcome and Exercise**

- Let's introduce ourselves again and tell what our favorite thing to cook is.
- **Exercise Lesson - Week 3**

## Better Beverage

### Background:

Many children don't drink enough water. Dehydration can lead to headaches, nausea, diarrhea, fatigue, mood swings, and cramping. 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 one cup per day. Sports drinks, punch, and sodas are beverages that should be consumed in moderation, if at all.

### Lesson

Who can tell me why it's important to eat mainly Go Foods?  
(*They keep us healthy, strong and energized.*)

What are some of your favorite Go Foods?

### (Line up the beverages on a table or desk.)

Today we are going to have a race! I have five 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 five - eight cups of fluid per day. One cup is about this size (**Hold up an 8 oz. milk carton.**). The more active you are the more fluid you need to drink. Listen to your body: if you feel really thirsty you may already be dehydrated.

Who do you think is going to win the 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, if at all.

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

**Step it up (for a more challenging lesson):**

If time permits, ask for five volunteers. Have each volunteer identify where sugar grams are located on the nutrition label of the beverage container. Have the volunteers get in line from the beverage with the most amount of sugar to the least. If you have chocolate and plain milk, you can also compare the protein, calcium and sugar in each. The protein and calcium are the same, but the chocolate milk has almost twice as much sugar.

Chocolate milk is being promoted by some Olympian athletes as being a wonderful beverage for energy recovery after a long workout. Sports drinks are promoted for the same reason. Do you know how Gatorade got its name? It was developed for the Florida Gators football team which works out 6 hours a day in the hot Florida weather. Most of us don't get as much exercise as professional athletes or Olympians. Most of the time water and a piece of fruit and or a glass of milk is all we need. After exercising hard for a couple of hours having a water or milk and some protein like some nuts or a turkey sandwich is great for building back our energy.

100% juice is very high in sugar so should be limited to no more than one cup a day. A lot of juices are not 100% juice but are actually water, sweeteners, like sugar and corn syrup, flavorings and a small amount of real juice.

### **Teacher Tips:**

- Keep it positive; don't use the word "*bad*" when talking about soda or energy drinks, but rather promote water as the clear "winner".
- If the question of chocolate milk is raised, it is important for children to drink milk. Drinking chocolate milk is better than drinking no milk. It is best to drink plain milk, but this can be done slowly. If they mainly drink chocolate milk now, suggest
  - Trying plain milk one day a week. Slowly start choosing more and more plain milk.
  - Treat chocolate milk as your beverage and your dessert.
  - Dilute the chocolate milk by mixing it with plain milk. Over time dilute it more and more.
- If at all possible, bring in beverage containers of the same size. This will make the comparison of sugar grams more accurate.
- If students ask about diet soda, emphasize that diet soda, although doesn't have sugar, contains ingredients that should only be consumed in moderation (if at all) like artificial sweeteners, flavorings and colors.
- Many children are surprised that energy drinks are not considered healthy. Remind children that water is sufficient during exercise. Exceptions include when children are sick and need electrolyte replacement, athletes who exercise all day long (but most athletes drink water), or if recommended by a health professional.

### **Resources:**

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

Now we're going to get ready to cook. First let's review the basic rules.

## Keeping it Clean!

1. Always wash your hands before you start!
  - Use warm water
    - Lather on both sides of your hands, wrists and between your fingers
    - Wash for 20-30 seconds
  - Dry completely
  - Re-wash your hands any time
    - You come in contact with raw meat
    - Touch your mouth, nose, or hair.
2. If you are not feeling well, you should not cook. Your germs can spread easily.
3. Wash cutting boards, cooking utensils, and cooking surfaces with hot, soapy water before and after preparing each food item and before moving on to the next.
4. Wash any fruit or vegetable before using it.
5. If you have long hair, pull it back into a pony tail or wear a hat so it does not get into the food.

## Safety Tips

Kitchen safety is VERY important. Here are some tips to keep things safe in the kitchen.

- Never use electrical appliances in the kitchen sink. Use on a sturdy kitchen counter or table.
- Never touch anything electrical with wet hands.
- Keep electrical cords away from the sink.
- Sharp knives should be held by the handle with cutting edge away from you.
- Keep handles of saucepans turned inward on stove.
- Always use oven mitts or pot holders when handling hot dishes.
- Turn off burners and oven when not in use.
- Unplug appliances when not in use.
- Clean up as you go.
- Do not use kitchen utensils to taste food. Use a spoon to taste food and make sure not to double dip!
- Until you master things in the kitchen - follow cookbook instructions precisely.
- Always ask an adult for help if you need it!

Source: [www.kidsturncentral.com](http://www.kidsturncentral.com)

## Reading a Recipe

1. Read a recipe from start to finish. If you don't understand a step, ask an adult for help.

2. Make sure you have all the ingredients before you start. If you don't have all the ingredients, make a list of what you need, ask an adult to help you buy them.
3. Gather all the necessary equipment. If you are not sure what something is, ask an adult.
4. Have fun and remember to practice all of your kitchen safety skills!

**(Have children prepare Recipe 1 and Recipe 2 and name the food group each ingredient belongs to. Taste the recipes, and clean up.)**

### **Elephant Tag**

Today, we are going to play Elephant Tag. Do you know how elephants drink water? *(They don't drink water through their trunks like a straw, but rather suck the water using their trunks and then spray the water into their mouths! Elephants can drink anywhere from 280 to 800 cups of water per day (it depends on the season and availability of water!)*

In this game, two of you will be "It", the elephants. Your job is to tag as many people as you can with your pool noodle "trunk".

#### Set-Up:

Designate a special area in the room to be a watering hole.

#### Rules:

- Assign two students to be "It".
- Elephants try and tag as many people as they can using their pool noodle "trunk".
- The noodle must be held with two hands and people must be tagged below the waist.
- When someone is tagged, they must go to the watering hole and do 10 pushups and then they can rejoin the game.
- Play several rounds of the game alternating elephants and the activity to be done when tagged.

The idea is to get the students moving and having fun. Feel free to substitute a different game or a different way of tagging.

#### Variation:

Outside relay race – Fill two buckets with water and place at the start line. Place the empty end buckets about 20 yards from the start line. Divide students into four equal groups. Object is to fill their team's empty bucket using the small cup or large sponge. The team that fills their bucket first wins.