

Make Time for Fitness Event, May 27

RE-THINK YOUR DRINK STATION

(15 minutes)

Objectives:

- Describe amount of added sugar consumed by 4th graders and compare to recommendations.
- Identify the ingredients, serving size, and grams of sugar on a label.
- Convert grams of sugar to teaspoons.
- Compare sugar quantities in popular drinks.
- Identify healthy drink/snack options.

PE Standards for 4th grade:

- 1.3.N Describe the relationship between food intake, physical activity, and good health.
- 3.2.N Use food labels to determine nutrient and sugar content.
- 7.2.N Practice how to take personal responsibility for limiting sugar consumption in foods, snacks, and beverages.
- 8.1.N Support others in making positive food and physical activity choices.

Supplies:

- Lanyards with whistles & attached lessons
- Posters
 - Re-think Your Drink poster
 - Enlarged label
 - Clips x 4
 - Table top display pad + bag of sugar as weight
- Table display materials
 - One day measurement of sugar - 26 t.
 - One week measurement of sugar - 3.8 Cups Sugar (almost 4 Cups)
 - Recommended sugar in container - 6 t.
 - 20 oz coke + container of sugar - 17 t.
 - Capri Sun
 - Water bottle, milk carton, banana
 - Teaspoon labeled w/ 4 grams
 - Picture of cavities & tired person
- Relay activity
 - 32 oz Gatorade
 - 4 measuring cups
 - 4 measuring spoons
 - 4 containers of sugar
 - 8 cones

Preparation:

Arrive at 8am to set up. Set up display materials on table. Set up relay activity. Put cones at front of table and about 20 feet from the table.

Procedure:

Introduction: If possible, have students sit in 4 rows at cones when they arrive.

Welcome. We're here today to talk about what you drink and how to make good drink choices - to rethink what you drink.

3 min. FACTS & PROBLEMS: Show the items when you say them.

1. Hold up a teaspoon. How many teaspoons of sugar do 4th graders eat & drink every day? 26 teaspoons (show).
2. That means 4th graders have 182 teaspoons in one week - almost 4 Cups (show).
3. Only 6 teaspoons of added sugar are recommended per day (show).
4. What happens when we consume too much sugar? We get cavities (show), become more tired, sick, and at risk for diseases like diabetes. (How many of you know someone with diabetes?) We do not get enough good nutrition for our bodies.
5. Where does all this sugar come from? The #1 source of sugar is sweetened drinks such as soda, fruit drinks, energy drinks, and sports drinks (show).

4 min. LABEL READING:

6. How do we know how much sugar is in our drinks? Read the food label.
7. Point to enlarged label of soda and show soda. When you read a food label look at:
 - a. Serving Size - this one has 2.5 servings in one container.
 - b. Grams of sugar - this one has 27g in one serving.
 - c. Ingredients - Sugar; corn syrup is a type of sugar that's been added.
8. Show teaspoon. One teaspoon has 4 grams of sugar.
9. Show calculation. That means the soda has 17 teaspoons of sugar (show).
10. Now, we will look at Gatorade and do an activity.

5 min. RELAY ACTIVITY: Measure the sugar content in Gatorade.

11. Divide the group into four relay lines. Choose a "counter." Show a bottle of Gatorade and state the number of teaspoons. Explain the game and blow the whistle when ready.
12. Each person in line will scoop a teaspoon of sugar and power walk it down to the cup and place it in. Then they will run back and pass the teaspoon off to the next person in line. They will continue until the total amount of sugar is in the measuring cup.
13. When they have added all the teaspoons into the cup, the counter will run the measuring cup back to the table.

3 min. SOLUTIONS:

14. Point to the Re-think Your Drink Poster. Which drink is winning in the poster? Water. Why? Because it doesn't have sugar.
15. To make our bodies strong (show muscles) & fight disease (punch) & get some brain power (hands on head), we need to choose healthy drinks like milk and water.
16. What can we do? Drink water or milk when we're thirsty and eat whole fruit for a snack. (Show) These are PERFECT for sports like soccer.
17. Pass out wrist bands and have students give high fives to fellow water drinkers.

OPTIONAL:

If you have extra time, you can have the students brainstorm ways to drink more water and less soda.

Also, students can recite the Pledge of Health.

Pledge of Health

By Jennifer Gabet

I pledge to keep my body strong,
To move and play and think,
To eat my fruits and vegetables,
And choose milk or water when I drink.

I will wash my hands, brush my teeth,
Contain my sneeze and cough,
Be safe, be calm, sleep well each night,
And turn the TV off.

Source: "Dietary Sugars Intake and Cardiovascular Health: A Scientific Statement from the American Heart Association," *Circulation*, September 15, 2009.

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