



Rethink Your Drink

Individual Education

Format: This is an individual education session.

Who

Adult participants (and children if present)

WIC facilitator

Why

Research shows that the increased consumption of sweetened drinks contributes to obesity.

Time

10 minutes

Set-Up

Individual education setting

Objectives

By the end of this session, participants will have:

- Compared the sugar content of popular drinks
 - Reviewed label reading and practiced converting grams of sugar to teaspoons
 - Discussed water, including tips for drinking more water
 - Taken a pledge to rethink their drink
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**Lesson
Overview**

- 1. Welcome and warm up**
1 minute

 - 2. Compare the sugar content of popular drinks**
3 minutes

 - 3. Review label reading and practice converting grams of sugar to teaspoons**
3 minutes

 - 4. Tips on drinking more water**
2 minutes

 - 5. Closing and pledge to rethink your drink**
1 minute
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**Materials
Needed****PROVIDED BY STATE WIC PROGRAM:**

- Poster:** “Rethink Your Drink” – sugar content of beverages
- Poster:** “How much sugar is in your drink?” – Nutrition Facts label and calculation for converting grams of sugar to teaspoons
- 10 beverage cards:** sodas, juice drinks, iced tea, sports drink, energy drink
- Handout:** “Rethink Your Drink”
- Video clip**

PROVIDED BY LOCAL AGENCY:

- Local agencies may choose to print small versions of the 2 posters for use in individual education sessions (OPTIONAL)**
 - Local agencies may choose to print a set of beverage cards for each staff member (OPTIONAL)**
 - For sugar content demo: empty 20-ounce soda bottle with 16 teaspoons sugar or 16 sugar cubes inside**
 - Pencils**
 - Incentives (OPTIONAL): water bottles (EPA approved), books**
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**Getting
Ready**

Have handy:

- 2 posters (large State-provided versions or smaller local agency-printed versions)
 - Set of beverage cards (card stock State-provided set or local agency-printed versions)
 - Handout: “Rethink Your Drink”
 - Video clip (OPTIONAL)
 - Sugar content demo (empty soda bottle with sugar or sugar cubes)
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Activities

1.

Welcome and warm up

1 minute

“Good morning/afternoon, my name is _____. Today we will be talking about the added sugar in drinks. So you might ask, ‘why rethink MY drink?’ It’s as simple as extra calories, extra weight.”

Warm-Up:

“What do you drink throughout the day, and why do you drink it?”

Invite participant to share response.

2.

Compare the sugar content of popular drinks

3 minutes

“Let’s see how much sugar is in an average drink. As an example, let’s take a typical soda. How many teaspoons of sugar do you think an average soda has in a 20-ounce bottle?” Wait for response.

“An average soda has 16 teaspoons of sugar in a 20-ounce bottle. Let’s see what that much sugar looks like.”

Show sugar content in a typical soda using bottle with sugar.

“What do you think of the amount of sugar in 20 ounces of a typical soda?”

Wait for response.

OPTIONAL:

“Let’s watch this short video”.

Play the 59 second video.

Ask for reaction from participant.

“Why should we care about added sugar? Sugar is extra calories and extra weight. One can of soda a day can add up to 10 pounds or more of weight gain in a year.”

“Let’s see how much sugar is in some of the most popular drinks.”

“Choose your favorite type of drink, or something that you or your kids often drink, from the cards.” Let participant select a beverage card from the set.

“The drink you picked is.....”

Show “Rethink Your Drink” sugar content poster.

“This poster shows how much sugar is in several types of popular drinks.”

Ask for reaction from participant.

“So think about how many times a day you or your child drinks one of these drinks. That is a lot of sugar in a day! It’s as simple as extra calories, extra weight.”

3.

Review label reading and practice converting grams to teaspoons
3 minutes

“How do we know if there is added sugar in our drinks? You can find the sugar listed in the Ingredients list on the label. There are many different types of sugar. Most drinks have some type of added sugar. The most common one is high fructose corn syrup. What other names of sugar have you heard?” Wait for response. Some examples: dextrose, sucrose, glucose, honey, cane juice, maple syrup, molasses.

“How do you know how much added sugar is in your favorite drinks?”

Show “How much sugar is in your drink?” poster.

“Here is a Nutrition Facts label. How many grams of sugar are listed on the label?”

“There are 40 grams. Let’s see how many teaspoons that is.”

“Grams of sugar \div 4 = teaspoons of sugar”

“40 grams \div 4 = 10 teaspoons of sugar”

“We also need to take a look at the serving size. If a container has more than one serving, we need to think about how much we would drink. Do you usually drink the whole bottle, or do you share with someone else? If you drink the whole bottle, then you need to multiply the number of teaspoons by the number of servings to get the total teaspoons in that container.”

Activity:

“So let’s take a look at the drink you chose. What sugar is in your drink? How many servings are in your container? How many teaspoons of sugar are in your drink?”

Ask participant to share how much sugar is in their container, not just in a serving.

“What surprised you about what we’ve talked about?” Wait for response.

4.
Tips on
drinking
more water
2 minutes

“WIC recommends that you drink water instead of sweetened drinks. What are some ways you get your family to drink more water?”

Invite participant to share.

Provide handout “Rethink Your Drink” which has tips on drinking more water.

“Look at the recipe on the handout. Which type of water might you make at home?”

“You may be wondering about juices also. Even 100% juices, like your WIC juices, have a lot of natural sugar. We all should limit our juice to about 4 to 6 ounces a day.”

“What about “diet” drinks with artificial sweeteners? Some scientists think those drinks make us crave sweets, so we might not be getting less calories after all. In any case, they are not good for kids, because the sweeteners haven’t been proven to be safe for them.”

5.
**Closing and
pledge to
rethink your
drink**
1 minute

“Today we have looked at popular drinks and learned how to figure out how much sugar they contain. We also discussed ways to drink more water. How could you replace sweet drinks with water, at home and away from home?”

“Let’s look at your handout which has a pledge. Let’s take a pledge to keep our children and ourselves healthy.”

Invite participant to sign the pledge and take it home.

“What will you and your family drink when you go home today? Remember to drink water! Thank you for participating in our discussion today!”
