



# Beverages

## Key focus points

- Healthy beverages are ones that do not have a lot of sugar in them- like water!
- It is important to drink healthy beverages so that you will have lots of energy!

## Previous Lesson Recap

*We've been talking a lot about healthy foods the past couple of weeks. Last week we talked about healthy snacks that give us energy in between meals. We talked about when we eat snacks and how much food we should have for a snack. Can anyone tell me about a healthy snack they ate recently?*

## Lesson Intro

*Today we're going to be talking about healthy beverages. Healthy beverages give you nutrients to make you feel good, grow, be strong, and give you lots of energy!*



# Beverages

## Lesson Prep

- Shopping: Purchase sugar cubes enough only for instructor demonstration (16 cubes), stickers or small cut out pieces of paper representing sugar cubes
- Make copies of the *Sugary Beverages Sheet*
- Activity Set up: Hand out stickers and sugary beverages sheet to each child

## Supplies

- Book “The Sugar Story”
- Activity sheets (Sugary Beverages Sheet)
- Stickers
- Sugar Cubes
- Parent newsletter





# Beverages

## 1. Introduction:

*Some foods we shouldn't eat a lot of because they make us tired and don't give us any energy to grow and be healthy. One of these foods is sugar, or food items that have too much sugar in them. Drinks can have a lot of sugar in them too. Too much sugar can make us sick or can give us cavities in our teeth, and today we are going to talk about sugary drinks. During today's activity we are going to guess how much sugar is in each beverage or drink and then find out the real amount!*

## Optional Connection Time I (see page 12)

- *What are some drinks you like to have?*
- *Of the drinks you just mentioned, do you know which ones don't have a lot of sugar? Which ones do have a lot of sugar?*



# Beverages

- *How do you know something has sugar in it?*
  - *That's right, it tastes sweet! Sugar makes things taste sweet, but some things have sugar in them naturally and some things have ADDED sugars. What kind of foods and beverages do you think have natural sugar in them? (fruit, sweet peppers, milk, 100% fruit juice)*
- *Fruit juice is a good example! It already has natural sugar in it from the fruit. Some juice is made with just fruit, we call that 100% fruit juice. But other juice doesn't use just fruit, it adds sugar to make it sweet. When we're picking out juices, it's important that we pick out 100% fruit juice because it's healthier.*
  - *Remember, fruit has nutrients and vitamins that help protect us and fight diseases!*
- *What about milk? Remember, milk keeps your teeth and bones healthy and strong! Milk has natural sugar, too. But when you add flavors to your milk, like chocolate, it adds sugar, too.*
  - *So what kind of milk should we drink most often? White milk!*
- *How much sugar do you think water has?*
  - *That's right, it has none! Water is a drink you can have as much of as you want. That's why water is the best choice to be healthy. Water helps move nutrients to the right place in your body to give you energy! Water helps your body perform its best.*



# Beverages

## Tips

This lesson is all about the ADDED sugar in beverages, not the natural sugars that already exist in things like fruits. To help your Sprouts understand the difference, you can explain that sugar is something sweet that comes from plants so things like orange or apple juice already have sugar in them from those fruits. But sometimes companies add extra sugar to drinks to make people like them more. These sugars are not natural, but extra sugars that are ADDED in. This is what makes them a food we shouldn't have all the time.

**Optional Connection Time II** (see page 12)



# Beverages

## 2. Activity:

- *Everyone head to their tables [or wherever you've decided they can work on this activity]. (Have graph activity worksheet pieces of paper and stickers ready – 1 graph worksheet and 1 sheet of stickers for each child).*
- *Before you start, I'm going to explain what we are going to do. Here are 6 types of drinks (say each type of drink out loud). We are going to guess how much ADDED sugar is in each drink. Once we guess, we will see if you guessed correctly, then you can pretend each of these stickers is a sugar cube. You will then graph the number of sugar cubes in each drink section by adding the specific number of stickers (show them).*

### Adaptation

You can use white stickers, cut out sugar cubes pictures, or white scraps of paper to represent the sugar cubes in each of the different drinks.



# Beverages

Let's start, first guess how much ADDED sugar you think is in water. Good I think I heard 0, which is correct there are 0 sugar cubes in water so you can write 0 and don't add any stickers yet. Now how many do you think is in a Juice box with 10% real juice? There are actually 6 ADDED sugar cubes in a juice box, count along with me as I stack the sugar cubes! You can also write the number 6 on your worksheet and put 6 stickers in the juice box section (And continue for the following beverages in similar fashion, using the sugar cube values in the last column).

Drink	Total Sugar	ADDED Sugar	Number of Sugar Cubes
Water (8oz)	0g	0g	0
10% Juice Box (6.75oz)	26g	24g	6
White Milk (8oz)	12g	0g	0
Chocolate Milk (8oz)	25g	13g	3
Soda Pop (8oz)	26g	26g	6.5
100% Orange Juice (6oz)	20g	0g	0



# Beverages

*Once you have gone over each drink have students hold up their sheets and answer the following questions.*

- *Which drink has the most sugar? (The biggest amount of sugar cubes)*
- *Which drink has the least sugar? (The smallest amount of sugar cubes)*
  - *You're right! Water doesn't have any sugar in it! Water is very healthy for us to drink, and we need to drink it every day!*
  - *What other drinks are good for us?*
- *What drinks are in-between?*

**Optional Connection Time III** (see page 12)



# Beverages

## Adaptation

This lesson uses the amount of sugar cubes in each drink to represent ADDED sugar. For a more advanced lesson, you could talk more about the differences between total and ADDED sugar in the table. To bring in a lesson about metrics and conversions, you can use this information to convert from grams to teaspoons to sugar cubes:

$$4 \text{ grams} = 1 \text{ teaspoon} = 1 \text{ sugar cube}$$

*You all did a great job and learned about how much sugar is in each drink.*





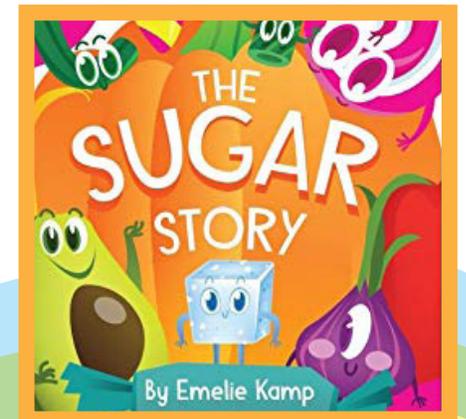
# Beverages

## 3. Book “The Sugar Story”:

*We are now going to read *The Sugar Story* by Emelie Kamp. In this book you’ll see the story of sugar, sugar’s fruit and vegetable friends, and the things that can happen to sugar. Try to think about the differences in natural and ADDED sugar we talked about today.*

### Guiding questions:

- *What kinds of superpowers do sugar’s friends, the fruits and vegetables, have?*
- *What kinds of things can sugar be turned into if he’s used by himself (not with his fruit and vegetable friends)?*
- *Who is sugar meant to hang out with? When sugar hangs out with fruit and vegetable friends, is that natural or ADDED sugar?*
- *What kinds of drinks could you have where sugar hangs out with his friends, fruits and vegetables?*



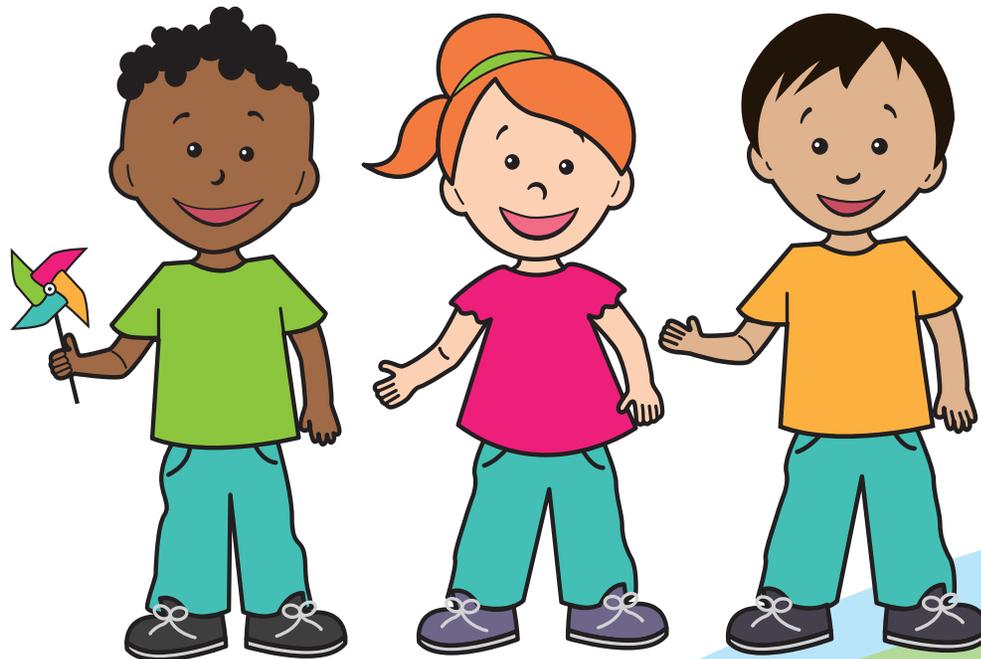
Kamp, *The Sugar Story*  
Worth it Living Publishing, 2016



# Beverages

## 4. Recap:

*Today we talked about lots of different types of drinks. Beverages with too much sugar can make you feel tired, like soda or chocolate milk. Remember some drinks like water have no sugar, some drinks have natural sugar, and some drinks have added sugar. It's important that we think about sugar when we choose our drinks, so we won't have too much sugar. You now can share things we talked about today with your family, and show them the picture of the sugary beverages!*





# Beverages

## Optional Connection Time I

If you have used terminology like “Go, Slow, Whoa” foods or “Traffic Light” foods, feel free to make connections. For example, you can talk about beverages with a lot of sugar as “Whoa” or “Red Light” foods.

## Optional Connection Time II

If you’ve talked to your Sprouts about the food groups before, you can make a connection here! You can talk about the fruit and vegetable groups and how you can get those same nutrients from fruit and vegetable juices. You can also talk about milk as part of the dairy group.

## Optional Connection Time III

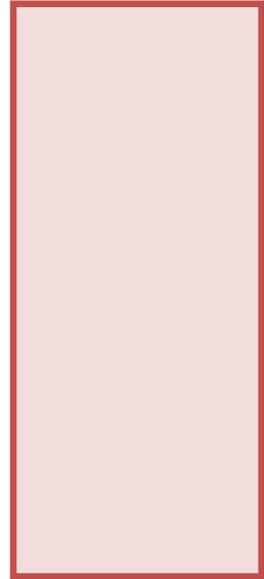
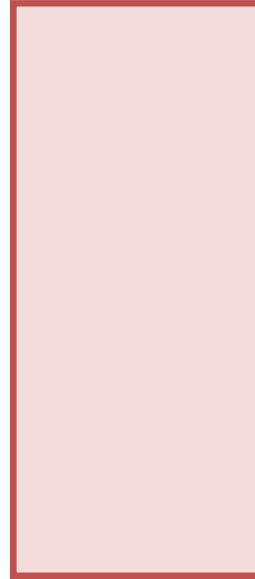
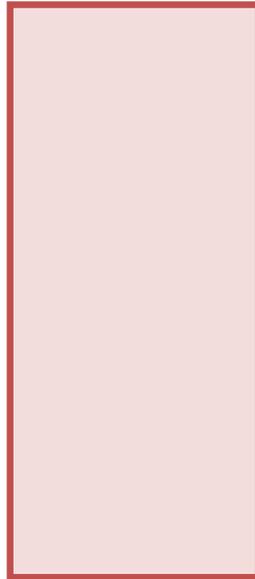
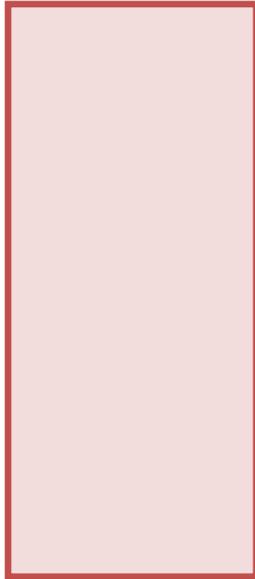
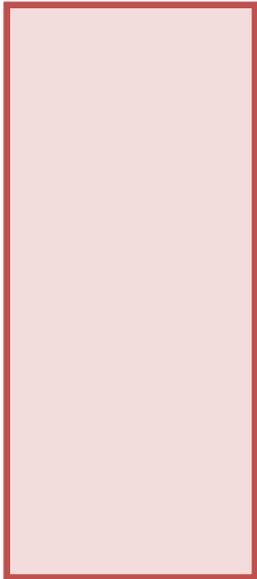
You can make connections here with math lessons related to counting and comparisons with greater than, less than, equal to signs.

Name: \_\_\_\_\_



# Think before you Drink!

Guess how much sugar is in each beverage?



**Water**



**Juice Box**  
(10% juice)



**White Milk**



**Chocolate Milk**



**Soda Pop**



**Orange Juice**  
(100% juice)



Write how many added sugar cubes are in each drink. Each cube equals 4 grams of sugar!

**Water**

**Juice Box**

**White Milk**

**Chocolate Milk**

**Soda Pop**

**Orange Juice**



# Sprouts

## Growing Healthy Habits



# Beverages

## Sugar Shocker!

Do you know how much sugar is in each of these drinks:

- 10% juice (1 pouch) = 4 teaspoons
- Chocolate milk (1 cup) = 7 teaspoons
- 100% orange juice (1 cup) = 6 teaspoons
- Regular soda (1 can) = 8 teaspoons
- 1% milk (1 cup) = 3 teaspoons

Some variations occur with different brands and flavors of soda and juice.

## Hydration Station!

Try to increase your family's water intake by making water fun and tasty! Make sure you have water available for everyone throughout the day. Add one of the following to your water to see which one you like best:

Herbs:

- Add sliced ginger or mint

Citrus:

- Add lemon, lime, or orange

Favorite Fruit:

- Add a child's favorite fruit such as watermelon or berries

This can add a little flavor to water that might get kids excited to drink it more! You can also experiment with adding these ideas to ice cubes.

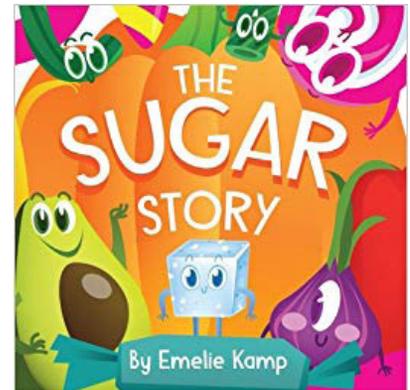


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## Making Healthy Beverage Choices

This week your child learned the importance of making healthy beverage choices. We also learned about how much sugar was in certain beverages and the differences between added versus natural sugar. For more kid-friendly information on sugar in foods and drinks read *The Sugar Story*.



## Tips on Helping Your Child Make Healthy Choices

- Knowledge. Start talking with your child and help them understand why a lot of sugar is not the best for our diets.
- Start Decreasing Sugary Beverage Intake. Gradually begin to decrease your child's intake of sweetened beverages. For example, if your child drinks a lot of juice, start mixing it with water. Start by adding  $\frac{1}{4}$  cup of water to every  $\frac{3}{4}$  cup of juice. Overtime, slowly increase the amount of water you add.
- Increase Water Intake. Offer plain water at every meal, first. Adding fresh fruit to water can add a little additional flavor that kids may enjoy! Additionally, keeping a pitcher of cold water in the fridge can help, as some kids only like very cold water.
- Satisfy their Sweet Tooth. Have children satisfy their sweet tooth by eating more fruit.
- Role Model. Try to model these same behaviors to encourage your children.