

Better Beverages

Goals:

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

Audience: 3rd

Optional Craft, Activity or Snack:

- Wuice (Recipe)
- Elephant Tag
- Liters and Milliliters

Materials:

- Empty beverage containers (water bottle, soda can, low-fat milk carton, 100% juice box, and sports drink bottle)
- Better Beverage Visual

Background:

Many children don't drink enough water. Dehydration can lead to headaches, nausea, diarrhea, fatigue, mood swings, and cramping. Note that there is no one 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 no less than 5 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 (but no more than 1 cup per day). Sports drinks, punch, and sodas are beverages that should be consumed in moderation, if at all.

Lesson:

Leader: *(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. Children 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, if you decide to drink it at all.

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). 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). 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 and strawberry milk still contains these vitamins, however, it is high in sugar, and so chocolate milk should be consumed in moderation.

Finally, which beverage is the best choice?

(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! At a minimum, you should drink at least 5 cups of water per day. If you are very active or it is hot outside, you will need to drink more water.

Resources:

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