

## Lesson D

### Choose Smart Drinks!

#### Objective

Children who participate in this activity will be able to:

- Select healthful drinks
- Read and understand the nutrition facts on the label

#### Participants

Children in 5<sup>th</sup> and 6<sup>th</sup> grade

#### Time

30 minutes

#### Materials

- Decorate the learning area with the United Tribes Technical College *Eat Smart. Play Hard.*™ poster and *MyPyramid for Kids* poster.
- Eight fluid ounces (1 cup) of 100% orange juice and a 12-ounce can of orange soda.
- Three medium-sized, clear drinking glasses, a measuring teaspoon, and  $\frac{1}{2}$  cup of sugar.
- One inexpensive paper plate per student.
- Make copies of the handout Nutrition Facts Labels for 100% orange juice and orange soda for each child.

#### Tips for Leaders

- Beverages supply water and, when selected carefully, can be a good source of other

nutrients. Fluids, like water, are important for the body to function. Children need fluids every day. When they are physically active, they need to replace the fluids lost from sweating.

- Some drinks provide more nutrients than others. Milk has calcium, protein, vitamin D, and other nutrients. One hundred percent orange juice and other 100% juices provide calories and several vitamins, such as vitamins A and C, and minerals such as potassium.
- Soda and other sweetened drinks contain water, added sugars, and calories, but little else. Fruit-flavored sodas and waters may have a lot of added sugar without the nutrients found in 100% fruit juice.
- Juice drinks such as fruit punches are often just 10% juice and not as nutritious as 100% juice.
- To maintain body weight in a healthy range, calories from food and drinks should equal calories burned.
- Encourage children to drink water, especially when they are physically active.

- Drink beverages such as fat-free or low-fat milk and 100% fruit and vegetable juices that have nutrients needed to stay healthy.
- Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or an equivalent amount of milk products, such as cheese, cottage cheese, and yogurt.
- Choose drinks with little added sugar.
- **Native American Language:** the Hidatsa word for water is "midi". The Lakota and Mandan word for water is "mni". The Arikara word for water is **tstoóxu'**. The Ojibwa word for "drinking water" is "nibi".
- **Ask:** Where did they get their water?
- **Ask:** Have you heard your grandparents speak about water?
- **Ask:** How did they talk about it?

### Attention Grabber

- **Ask** children to list all the various kinds of beverages they drink.
- **Ask:** what drinks would be smart choices. Answers might include: 100% fruit juice or vegetable juice, fat-free or low-fat milk, fruit smoothie.
- **Ask:** why it is important to make smart drink choices. Answers might include: healthy drinks give you the nutrients you need to feel good and play hard.

### Linking Native Culture

- **Ask:** them to think what their great-great-grandparents did when they were thirsty.

### Teaching Activity

1. Pour 8 fluid ounce (1 cup) of 100% orange juice and 8 ounces (1 cup) of orange soda into two separate glasses.
  - **Say:** You have two drinks to choose from: 1 cup of 100% orange juice or 1 cup of orange soda.

- **Ask:** Which do you think is the smart drink choice? Why?
- **Say:** Let's find out more about the nutrition in these two drinks.

## 2. Use Nutrition Facts

**Labels...**help kids compare the calories and nutrients in 100% orange juice and orange soda.

- **Say:** The Nutrition Facts on food labels can help you identify the nutrients in drinks so you can make smart drink choices.

**3. Give each child:** Handout of Nutrition Facts Labels for 100% orange juice and orange soda.

- **Say:** Using the Nutrition Facts Labels for 100% orange juice and orange soda, look at the calories in each drink. Make sure the two drinks are based on the same serving sizes (1 cup—8 fluid ounces). Which has fewer calories? Which has the most vitamin C? What drink is the better choice to help you to grow and play? Why?
- **Explain:** that 100% orange juice naturally contains sugar, while soda has sugar added.

## 4. How much sugar is in a 12-ounce can of orange soda?

- **Say:** Let's see how much sugar is added to a can of orange soda. Have someone measure:
  - 3 teaspoons of table sugar into a clear glass. Ask: do you think that 12 ounces of orange soda has this much sugar? **Answer: No.**
  - Add 3 more teaspoons of table sugar to the glass to total 6 teaspoons. Ask: Do you think that 12 ounces of orange soda has this much sugar? **Answer: No**
  - Add 3 more teaspoons of table sugar to the glass to total 9 teaspoons. Ask: Do you think that 12 ounces of orange soda has this much sugar? **Answer: No**
  - Add 3 more teaspoons of table sugar to the glass to total 12 teaspoons?
- **Ask:** Do you think that 12 ounces of orange soda has this much sugar? **Answer: Yes.**
- **Say:** A 12-ounce can of orange soda contains about 12 teaspoons of table sugar.

- If time allows, offer a sample of orange juice to each child.
- **Optional Activity: Making a “Super-Healthy” soda.**  
Demonstrate to students how they can make a healthy soda.
  - Crush one pound of any kind of berry or small fruit (raspberries, blueberries, strawberries, etc.)
  - Strain and mix the juice with carbonated water.
  - Remind students that fruit juice is a type of sugar and should not be consumed in large amounts.
- On teacher signal, all students with plates will create their own aerobic movement at their desks using both plates for 30 seconds.
- Teacher will identify a student performing an aerobic movement and have the entire class follow the activity for 10-15 seconds. Aerobic movement may include: jogging in place, waving plates up and down in front of body, swimming underwater using plates for fins, or jumping jacks while holding plates.
- Continue activity for 10 seconds and switch by giving plates to other partner, and repeat as many times as desired.

### Movement and Activity Review

**What's there to Drink?** This is an easy activity to help students review healthy drink options.

- Distribute one paper plate per student.
- Instruct students to draw a nutritious drink that they would like to include in their day.
- Students will then choose a partner and stand up at their desks.
- One partner will hold both plates.

- Have students return to desks with their own plates. Have students identify the healthy drink they drew on their plates.

### At-Home Activities

- **Each child receives** the family handout *Nurturing Our Families With Food - Pop* to share with his or her family at home.

## Useful Resources

- Additional Eat Smart. Play Hard. TM Resources  
[www.fns.usda.gov/eatsmartplayhard](http://www.fns.usda.gov/eatsmartplayhard)
- The Power of Choice, Topic 6, Make Drinks Count! -and the extended activities on its compact disc  
[www.teamnutrition.usda.gov/Resources/POC\\_topic6.pdf](http://www.teamnutrition.usda.gov/Resources/POC_topic6.pdf)
- Child Nutrition and Health Web sites  
[www.nal.usda.gov/fnic/etext/000008.html](http://www.nal.usda.gov/fnic/etext/000008.html)
- yourself Middle School Educational Kit  
[www.fns.usda.gov/tn/Resources/yourself.html](http://www.fns.usda.gov/tn/Resources/yourself.html)
- Other Team Nutrition Resources  
[www.teamnutrition.usda.gov/library.html](http://www.teamnutrition.usda.gov/library.html)
- Food and Drug Administration Resources:  
"How to Understand and Use the Nutrition Facts Label"  
[www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)

These materials were adapted from the Eat Smart. Play Hard. TM Campaign, an educational program of the Food and Nutrition Service, USDA. For more information on the USDA initiative, go to [www.fns.usda.gov](http://www.fns.usda.gov).  
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**United Tribes Technical College  
Land Grant Extension Programs  
3315 University Drive  
Bismarck, ND 58504  
Phone: (701) 255-3285  
Fax: (701) 530-0622  
Website: [www.uttc.edu](http://www.uttc.edu)**