

# BE SMART DRINK SMART

## GUIDE TO CHOOSING HEALTHY BEVERAGES

### LESSON ACTIVITY (GRADES 5-12)

#### OBJECTIVES:

- Students will learn the importance of limiting sugar in their diet.
- Students will learn how to determine the amount of sugar in a beverage using the food label.
- Students will compare the amount of sugar in various beverages and learn which beverages are lower in sugar.
- Students will learn the key nutrients provided in milk and why it is the beverage of choice.

#### LESSON INTRODUCTION:

- Explain why it is important for teenagers to choose their beverages wisely.
- Discuss negative health effects of too much added sugar in diets.
- Review health benefits of teens consuming 3-4 servings of dairy foods daily.

#### HELPFUL HINTS:

Complete as a challenge with student volunteers to help. Ask students to match the added sugar cubes to the beverage. You can set this up as a display at a Family Fitness Night or at a table during school lunch.

#### MATERIALS NEEDED:

- Demonstration beverages
  - White Milk
  - Chocolate Milk
  - Fruit Drink
  - Cola
  - Sports Drink
  - Bottled Water
- Sugar Cubes (2.5 g each)

#### Added sugar content:

The number of sugar cubes below represents added sugar in each beverage. 8 fluid oz. of white milk has 12 grams of naturally occurring sugar from lactose.

Water = 0 cubes  
8 oz White Milk = 0 cubes  
8 oz Chocolate Milk = 5 cubes  
12 oz Sports Drink = 9 cubes  
6.75 oz Fruit Drink = 10 cubes  
12 oz Cola = 13 cubes

