THE DIFFERENCE IN YOUR DRINK

OBJECTIVES:
- Understand how to locate sugar content on a food label
- Interpret data from a graph
- Apply addition and subtraction to sugar content
- Understand the benefits of choosing healthy drinks over sugar-filled drinks

LET'S GET STARTED! (10 MINUTES):
- Explain how to find sugar on a food label
- Discuss why sugary drinks are not healthy and encourage choosing water or milk instead of sugary drinks
- Introduce the Coca-Cola Beverage Product graph and interpret data

ACTIVITY (15 MINUTES):
- Use the sugar subtraction worksheet to practice addition and subtraction

WRAPPING UP (5 MINUTES):
- Review harmful effects of sugary drinks and encourage healthier drink choices
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:
- 2.ATO.2 Demonstrate fluency with addition and related subtraction facts through 20

MATERIALS:
- How Much Sugar? handout
- Sugar Equivalent handout
- Coca-Cola Product Beverage Consumption graph
- Sugar Subtraction worksheet
- Boss' Backpack Bulletin handout

LET'S GET STARTED!

- This week we are going to talk healthy and unhealthy beverages. Ask students what some of their favorite drinks are. Explain that some drinks have a lot of sugar in them and discuss the effects sugary drinks can have on their health.

DIALOGUE BOX
- Today we are going to talk about the things you drink. What are some of your favorite drinks?
- Just like there are Go, Slow, and Whoa foods, there are also Go, Slow, and Whoa drinks. Some are healthy and good for you, but others are not and should only be drunk in moderation. Drinks like soda, sports drinks, flavored milk, and even fruit juice are NOT Go drinks because they have so much sugar! Can anyone think of why you wouldn't want to drink so much sugar?
- Sugar gives you instant energy, but too much sugar is not good for your health. It can cause cavities, stomachaches, weight gain, and can be harmful to your heart.
- Most sugary drinks are Whoa drinks, so you don't want to drink them very often. Can anyone think of some Go drinks that would be better choices? (water, skim milk)

- Explain how to use a food label to find out how much sugar is in something

DIALOGUE BOX
- You can find out how much sugar is in something by looking at the food label. Packaged foods and drinks all have food labels that give you information about what is in them.
- You can find an area labeled "Sugar" on every food label, and it will tell you how many grams of sugar are in a serving of whatever you are about to eat or drink.

- Distribute the How to Read a Food Label handout and ask the students to find the amount of sugar that each item contains. Discuss the handout as a class.

- Explain that sugary drinks contribute nothing to health and are mostly empty calories. Use the Sugar Equivalent sheet as a visual.

DIALOGUE BOX
- Sugary drinks are mostly just sugar, they don't have the vitamins and nutrients that help your body grow and be healthy.
- Water and milk are better choices than sugary sodas and juices because they help keep you healthy. Your body needs water to function properly, and milk has calcium and vitamin D that helps build strong bones and teeth.
- You are only supposed to have about 40 grams of sugar every day. One soda has almost a whole day's worth of sugar in it!
- You get a lot of sugar from the foods you eat, too. If you drink one soda, that's like eating 12 chocolate chip cookies! Or two bowls of ice cream! One little can of soda has the same amount of sugar as 80 strawberries!

- Explain that sugary beverages contribute a lot of sugar and calories to daily intake. Introduce the Sugary Drink Consumption graph and compare the sugar consumption in different countries.

BOSS' FUN FACTS

Get creative with drinking water! Add fresh fruit to your water to infuse it with fruity flavor!

Try adding:
- Strawberries
- Pineapple
- Raspberries
- Oranges
- Kiwi
- Blueberries

DIALOGUE BOX

- Drinks like soda, juice, and sports drinks have a lot of sugar and calories without the other health benefits you get when you eat nutritious foods. Eating healthy and cutting down on sugary drinks is the best way to keep your body healthy.
- Here is a graph that shows the amount of sugary drink consumption in different countries all over the world. It shows how many drinks one person in that country consumes in only one year!
- How many sugary drinks does the average American consume every year? (About 400)
- Which country drinks the most? (Mexico; about 700)
- Which country drinks the least? (Italy; about 150)
- Ask if students are surprised at how many sugary drinks the average person consumes in a year. Do they think they drink this many?

ACTIVITY

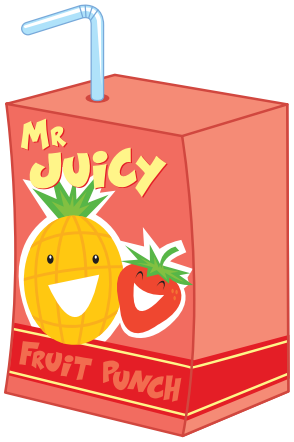
- Hand out the Sugar Subtraction Worksheet. Students will use the worksheet to calculate the amount of sugar certain drinks contribute to their daily sugar intake.

DIALOGUE BOX

- Look at each item and find the amount of sugar in it by reading the food label.
- Subtract the amount of sugar from 40 (the amount you are supposed to consume in a single day).
- The number left over will be the amount of sugar you can have in other items for the rest of the day!
- Assist students with subtraction as needed.

WRAPPING UP

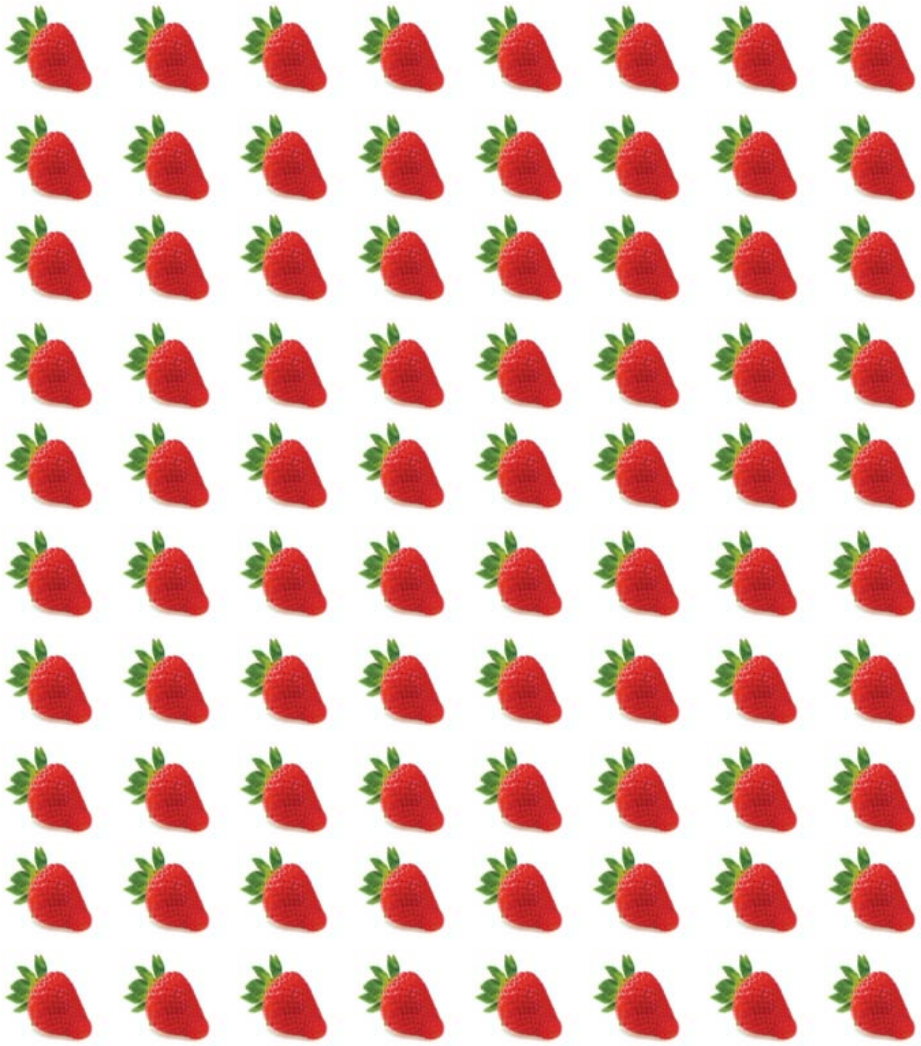
- Ask students if they have any questions about the subtraction worksheet.
- Point out how drinks high in sugar can use up a large amount of their daily sugar allowance. They probably consume more sugar in beverages than they realize!
- Remind students that water and skim milk are better choices because they do much more to contribute to good health!



DID YOU KNOW?

A SINGLE CAN OF SODA HAS ABOUT 40 GRAMS OF SUGAR.

=



THERE ARE ALSO 40 GRAMS OF SUGAR IN 80 STRAWBERRIES!

HOW MUCH SUGAR?

You can always find the amount of sugar in a food or drink by looking at the food label. Practice reading the food labels to find out how much sugar each item contains.

Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	**18%**
Saturated Fat 3g	**15%**
Trans Fat 3g	
Cholesterol 30mg	**10%**
Sodium 470mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	
Vitamin A	**4%**
Vitamin C	**2%**
Calcium	**20%**
Iron	**4%**

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

One serving has 5 grams of sugar!

1.

Nutrition Facts
Serving Size ½ cup (125 g)
Servings Per Container 3

Amount Per Serving	
Calories 152	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Potassium 530mg	**15%**
Total Carbohydrate 30g	**10%**
Dietary Fiber 1g	**4%**
Sugars 29g	
Protein 8g	

How much sugar? _____

2.

Nutrition Facts
Serving Size 1/2 cup (65g)
Servings Per Container 16

Amount Per Serving	
Calories 130	Calories from Fat 45
	% Daily Value*
Total Fat 5g	**7%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 10mg	**4%**
Sodium 50mg	**2%**
Total Carbohydrate 18g	**6%**
Dietary Fiber 0g	**2%**
Sugars 16g	
Protein 4g	
Vitamin A 2% • Vitamin C 2%	
Calcium 10% • Iron 2%	

How much sugar? _____

3.

Nutrition Facts
Serving Size ½ cup (125 g)
Servings Per Container 3

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value*
Total Fat 4g	**7%**
Saturated Fat 0g	**0%**
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Potassium 530mg	**15%**
Total Carbohydrate 8g	**3%**
Dietary Fiber 1g	**4%**
Sugars 7g	
Protein 8g	

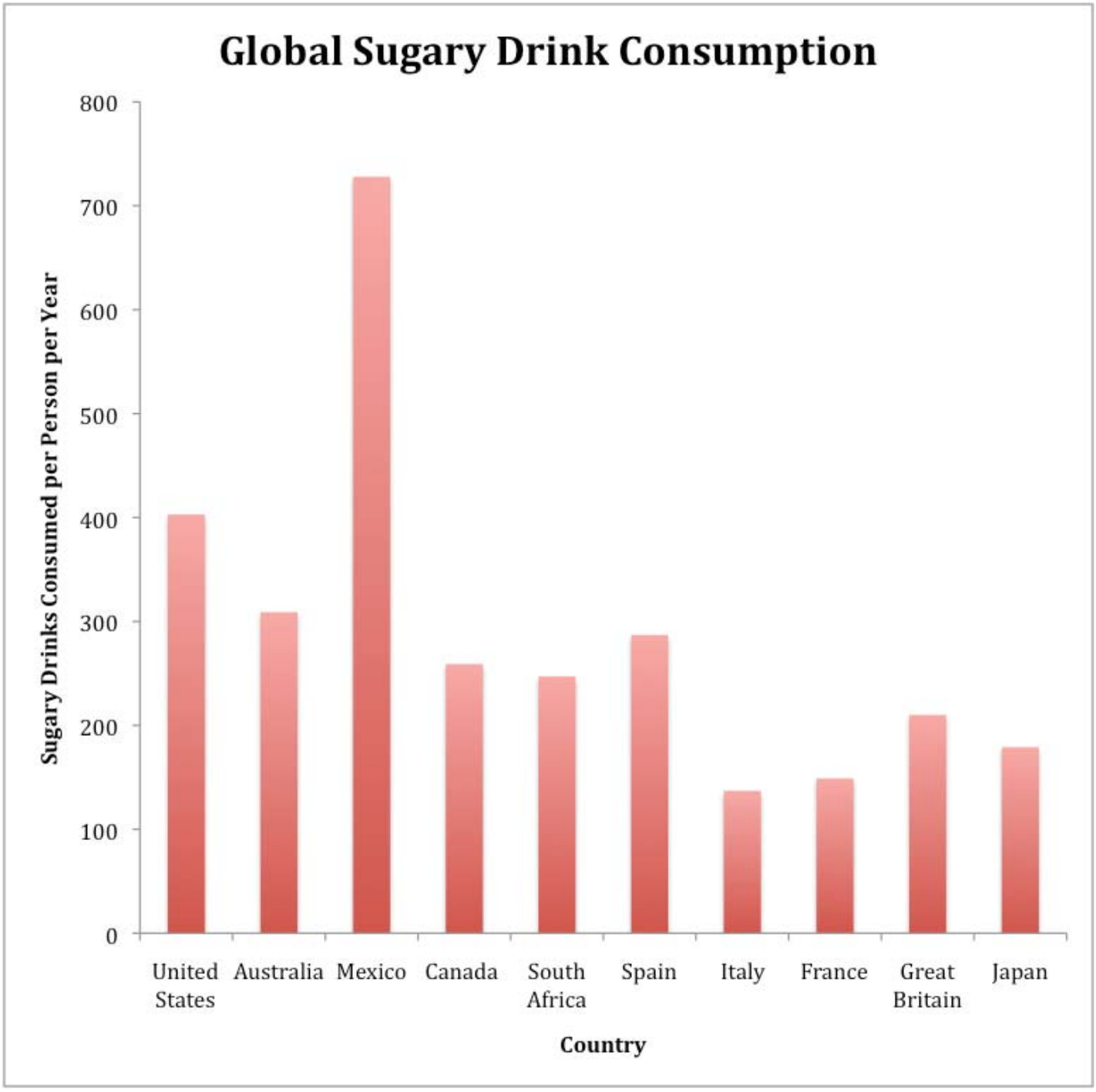
How much sugar? _____

4.

Nutrition Facts
Serving Size 1/2 cup (57g)
Servings Per Container 15

Amount Per Serving	
Calories 230	Calories from Fat 100
	% Daily Value*
Total Fat 11g	**17%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 95mg	**4%**
Total Carbohydrate 32g	**11%**
Dietary Fiber 3g	**12%**
Sugars 18g	
Protein 5g	

How much sugar? _____


Global Sugary Drink Consumption
Sugary Drinks Consumed per Person per Year
800
700
600
500
400
300
200
100
0
United States
Australia
Mexico
Canada
South Africa
Spain
Italy
France
Great Britain
Japan
Country

SUGAR SUBTRACTION

Look at each food label to find out how much sugar is in each drink. Remember, you are only supposed to consume 40 grams of sugar each day! Subtract the amount of sugar in each drink from 40 to see how much sugar you can have in other food and drink items throughout the rest of the day!

1. Sports Drink

Nutrition Facts

Serving Size 1 Bottle (591 mL)

Amount Per Serving	
Calories 130	
	% Daily Value*
Total Fat 0g	0%
Sodium 270mg	11%
Potassium 75mg	2%
Total Carbohydrate 34g	11%
Sugars 34g	
Protein 0g	

40
-
_____

2. Fruit Punch Drink

Nutrition Facts

Serving Size: 1 pouch

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol	
Sodium 15 mg	1%
Potassium	
Total Carbohydrate 27 g	9%
Dietary Fiber 0 g	0%
Sugars 27 g	
Sugar Alcohols 0 g	
Protein 0 g	

40
-
_____

3. Apple Juice

Nutrition Facts

Serving Size 8 fl. oz (240ml)
Servings Per Container

Amount Per Serving	
Calories 120	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Sodium 25mg	1%
Total Carbohydrate 30g	10%
Sugars 26g	
Protein 0g	

40
-
_____

4. Soda

Nutrition Facts

Serving Size 1 can
Servings Per Container 1

Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 45mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	

40
-
_____

5. Chocolate Milk

Nutrition Facts

Serving Size 1 cup (249g)
Servings Per Container 8

Amount Per Serving	
Calories 210	Calories from Fat 80
	% Daily Value*
Total Fat 8g	13%
Saturated Fat 5g	26%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 200mg	9%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	5%
Sugars 25g	
Protein 9g	

40
-
_____

Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to drink fewer sugary drinks! Drinks with lots of sugar are not very good for your health. They are high in refined sugars and are not very high in vitamins, minerals, or other nutrients important for my body.

This week I made healthy drink choices! I drank....

Remember, you only need about 40 grams of sugar a day! You get most of that in the foods you eat anyway, so you don't need to drink a lot of sugary drinks too.