



3RD GRADE

LESSON: The Difference in your Drink

SC STANDARD: 3.MDA.2 and 3.NSBT.5



It's your world.

THE DIFFERENCE IN YOUR DRINK

OBJECTIVES:

- Understand how to locate sugar content on a food label
- Discuss what types of drinks have sugar in them
- Understand the benefits of choosing healthy drinks over sugar-filled drinks

LET'S GET STARTED! (10 MINUTES):

- Explain why having too much sugar is not healthy
- Demonstrate where to find the sugar content on a food label
- Discuss drinks that have lots of sugar in them
- Explain the benefits of non-sugary drinks and encourage milk and water consumption

ACTIVITY (15 MINUTES):

- The activity will help familiarize students with the customary units of measurement and help students practice basic multiplication

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:

- 3.MDA.2 Estimate and measure liquid volumes in customary units and metric units to the nearest whole unit.
- 3.NSBT.5 Multiply up to a four-digit number by a one-digit number and multiply a two-digit number by a two-digit number using strategies based on place value and the properties of operations.

MATERIALS:

- How Much Sugar? handout
- Measuring Liquids
- Boss' Backpack Bulletin handout

LET'S GET STARTED!

- Begin by asking students what they like to drink
- Review the idea of GO, SLOW, and WHOA foods. Explain that there are also GO, SLOW, and WHOA drinks.
- Explain that some drinks are SLOW and WHOA drinks because they have a lot of sugar in them. Discuss the harmful effects of sugar.

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 the appropriate amount of sugar to eat or drink in a day and that limiting sugar consumption can keep you healthy.
- Demonstrate how to find the sugar content on a food label.

DIALOGUE BOX

- Most people eat and drink way too much sugar, and it is not very healthy. Children your age should only consume about 40 grams of sugar in one day. Do you think you eat and drink more or less than 40 grams?
- Let's look at some examples of drinks you like and see how much sugar is in them. You can find out how much sugar something has in it by looking at the food label. Food labels tell you what is in your food or drink. If you look for the area labeled 'sugar' on the food label, it will tell you how many grams of sugar is in one serving of whatever you are about to consume.
- The food label on this soda tells us that there are 33 grams of sugar in it. That's a whole lot of sugar in just one drink! Especially when you should only eat and drink about 40 grams in an entire day! (Demonstrate with as many drink containers as possible to give a wide variety of examples)
- Remember, you also consume sugar in the foods you eat. Drinking a few sugary drinks adds up quickly. One soda has the same amount of sugar as two bowls of ice cream, or 250 blueberries!
- Things like sports drinks, sodas, flavored milk, and even juice have lots of sugar in them, and they don't have very many healthy things in them. They lack the vitamins and minerals found in fruits and vegetables that help you grow and be healthy.

DIALOGUE BOX

- Sugary sports drinks and sodas are WHOA drinks, so you should not drink them very often. Even juice is a SLOW drink. It is much better to eat a fruit than to drink fruit juice. Apples and oranges are healthier than apple juice and orange juice!
- Milk and water are GO drinks. Your body needs water to function properly, and milk has protein, vitamin D, and calcium- all things that help build strong bones and teeth! You get most of the sugar you need from the food you eat anyway, so you never really need sugary drinks!

ACTIVITY

- Today's activity will help familiarize students with the customary units of measurement. Students will also have to determine how many cups are in a quart; cups are in a gallon, quarts in a gallon, etc. These questions will also help students practice basic multiplication.

DIALOGUE BOX

- After today's lesson you have all learned that some drinks, like soda, have more sugars than others. Now we are going to use this information to become familiar with measurements used for liquids. Usually when we are talking about drinks we use the customary measurements of cup, pint, quart, or gallon. Using the Measuring Liquids worksheet let's learn more about these measurements and how much liquid is usually in the drinks we drink!

WRAPPING UP

- Ask students if there are any questions about the lesson
- Review by asking students about the recommended daily sugar consumption
- Encourage students to drink less sugary drinks
- Distribute Boss' Backpack Bulletin with the weekly goal.

DIALOGUE BOX

- Does anyone have any questions about what we covered?
- Do you remember how much sugar you should have in one day?
- The sugar in foods and drinks adds up quickly! Try to limit how many sugary drinks you have, and always remember that milk and water are great healthy choices!
- Remember you can always check the food label to find out how much sugar is in something.

BOSS' FUN FACTS

- Water is the best thing you can drink to help keep your body healthy. You should drink about 8 cups of water every day. Try carrying a water bottle around so you drink more, or adding fruit to your water for some interesting flavors!



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.

1. Sports Drink

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	

One serving has 26 grams of sugar!



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	

How much sugar? _____

2. 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	

How much sugar? _____

3. 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	

How much sugar? _____

4. Fruit Punch

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	

How much sugar? _____

MEASURING LIQUIDS

Sometimes drinks will be measured in cups, pints, quarts, or gallons! Within these measurements cups are the smallest and quarts are the biggest!

There are 2 cups in 1 pint.

There are 2 pints in 1 quart,

and there are 4 quarts in 1 gallon

If there are 2 cups in 1 pint and 2 pints in 1 quart then how many cups are in a quart?

2 X 2 = _____ cups in a quart

If there are _____ cups in 1 quart and 4 quarts in 1 gallon then how many cups are in a gallon?

_____ X 4 = _____ cups in a gallon

Now answer the following questions below



1. How many cups, pints and quarts are in the gallon of orange juice above?

_____ cups

_____ pints

_____ quarts

2. How many cups and pints are in the quart of milk shown below?

_____ cups

_____ pints



Name: _____ Date: _____

BOSS' BACKPACK BULLETIN

Your goal this week is to drink less sugary drinks and drink more water. You should drink about 8 cups of water every day. Color the number of cups of water you drink for every day this week.



Monday



Tuesday



Wednesday



Thursday



Friday



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