



## 4TH GRADE

LESSON: The Difference in your Drink

SC STANDARD: 4.MDA.1C



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
- Explain why sugary drinks are not healthy
- 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):

- Today's activity will help students practice conversion of measurements in the metric system.

### 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:

- 4.MDA.1 C Convert measurements within a single system of measurement, customary (i.e., in., ft., yd., oz., lb., sec., min., hr.) or metric (i.e., cm, m, km, g, kg, mL, L) from a larger to a smaller unit.

### 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 students practice conversion of measurements in the metric system.
- Students will be given a chart that displays the amount of sugar (in grams) found in popular drinks.
- Students will have to convert grams to milligrams of sugar.

## DIALOGUE BOX

- Today's lesson has taught us that there is a difference in the drinks we choose to have throughout the day! Some drinks, like soda, have way more sugar than others. Now we are going to use this information to help us practice the conversion of measurements in the metric system!
- Does anyone remember which measurements are parts of the metric system? Is it inches and feet or centimeters and kilograms?



## 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

- Sugary drinks are addictive! The more sugar you drink, the more you will crave sugar. Try cutting back on sugary drinks and you will realize that you crave them less.



# 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	
<b>Calories</b> 120	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 30g	10%
<b>Sugars</b> 26g	
<b>Protein</b> 0g	

One serving has 26 grams of sugar!



Nutrition Facts	
Serving Size 1 Bottle (591 mL)	
Amount Per Serving	
<b>Calories</b> 130	
% Daily Value*	
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 270mg	11%
<b>Potassium</b> 75mg	2%
<b>Total Carbohydrate</b> 34g	11%
<b>Sugars</b> 34g	
<b>Protein</b> 0g	

How much sugar? \_\_\_\_\_

## 2. Soda

Nutrition Facts	
Serving Size 1 can	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 140	
% Daily Value*	
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 45mg	2%
<b>Total Carbohydrate</b> 39g	13%
<b>Sugars</b> 39g	
<b>Protein</b> 0g	

How much sugar? \_\_\_\_\_

## 3. Chocolate Milk

Nutrition Facts	
Serving Size 1 cup (249g)	
Servings Per Container 8	
Amount Per Serving	
<b>Calories</b> 210	Calories from Fat 80
% Daily Value*	
<b>Total Fat</b> 8g	13%
<b>Saturated Fat</b> 5g	26%
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 30mg	10%
<b>Sodium</b> 200mg	9%
<b>Total Carbohydrate</b> 27g	9%
<b>Dietary Fiber</b> 1g	5%
<b>Sugars</b> 25g	
<b>Protein</b> 9g	

How much sugar? \_\_\_\_\_

## 4. Fruit Punch

Nutrition Facts	
Serving Size: 1 pouch	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0 g	0%
<b>Saturated Fat</b> 0 g	0%
<b>Trans Fat</b> 0 g	
<b>Cholesterol</b>	
<b>Sodium</b> 15 mg	1%
<b>Potassium</b>	
<b>Total Carbohydrate</b> 27 g	9%
<b>Dietary Fiber</b> 0 g	0%
<b>Sugars</b> 27 g	
<b>Sugar Alcohols</b> 0 g	
<b>Protein</b> 0 g	

How much sugar? \_\_\_\_\_

# METRIC CONVERSION WORKSHEET



1 can of soda =  
39g of sugar



1 glass of lemonade =  
25g of sugar



1 can of an energy drink =  
27g of sugar



1 carton of fruit juice =  
26g of sugar



1 carton of chocolate milk =  
29g of sugar



1 bottle of a sports drink =  
15g of sugar

1. 39g = \_\_\_\_\_mg

2. 25g = \_\_\_\_\_mg

3. 27g = \_\_\_\_\_mg

4. 26g = \_\_\_\_\_mg

5. 29g = \_\_\_\_\_mg

6. 15g = \_\_\_\_\_mg

# BOSS' BACKPACK BULLETIN

Your goal this week is to drink less sugar and drink more milk and water instead! Look at the food labels of some of your favorite drinks and write down how much sugar in one serving of each drink. What's in your drink?



Day

Drink

Sugar Content