

Healthy Choices

K-2

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Objectives

Students will be able to:

- Identify sugar sweetened beverages.
- Identify healthier options that could substitute sugary drinks.

Standards Met

- **W.K.1.** Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or the name of the book they are writing about and state an opinion or preference about the topic or book (e.g., *My favorite book is...*).
- **C.1.1.** Supporting own opinions and evaluating others' opinions in speaking and writing.
- **W.1.2.** Write informative/explanatory texts in which they name a topic, supply some facts about the topic, and provide some sense of closure.

Overview of Sugar Sweetened Beverages

Did you know? Most adults eat or drink about **18 teaspoons** of added sugar a day.

Added sugars are sugars and syrups that are added to foods and drinks when they are processed or prepared. These are different from natural occurring sugars such as the ones in fruits and milk. The more added sugars we eat and/or drink, the more calories we consume, and the more likely we are to gain weight.

Healthy People 2020 Goals are to “reduce consumption of added sugars” as they increase calories in our diet and may promote obesity and other health problems. Sugar sweetened beverages are one of the highest sources of added sugars in the diet and contribute the most “empty calories.” Empty calories are foods and drinks that are high in calories but low in nutrients.

Some drinks that have added sugars include soft drinks, processed juices, sports drinks, chocolate milk, milkshakes, sweet teas, etc.

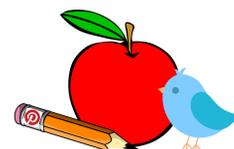
Reading ingredient labels is the best way to identify added sugars. Names for added sugars on food labels include:

Brown sugar • corn syrup • dextrose • fructose • invert sugar • lactose • malt syrup • maltose • nectars • sucrose

It is important to teach young students to recognize sugar sweetened drinks, help them understand the risks that these drinks pose to students' health, and encourage them to choose healthier drinks such as water, milk and 100% natural fruit juices.

For more information on sugar sweetened beverages, go to:

www.mentorprojectfiu.com



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Make The Connection

Materials

- Worksheet: Healthy Choices for Grades K-2
- Pre-lesson Video for the Teacher: Sugary drinks, the consequences of drinking these drinks and healthier choices www.youtube.com/watch?v=VPtRSi-KZtY

Using the worksheet titled **“Healthy Choices” for Grades K-2**, help your students identify sugar sweetened beverages and explain the benefits of choosing lower sugar options.

Ask your students about their favorite drinks and list them on a board in two separate columns according to their sugar content (sugar sweetened beverages or natural sugar beverages) without labeling the columns. Then, let your students work together as a class to figure out which column contains the high sugar drinks and which one contains the low sugar drinks. Label the columns accordingly.

1

2

Direct the attention to the high sugar drinks and explain that these drinks have added sugars. Briefly explain the difference between added sugars and natural occurring sugars. Mention that added sugars can make it hard for the body to work at its best and mention some health issues that may arise from having too much sugar in the diet (ex. overweight, obesity, diabetes and heart disease). Then, discuss the drinks in the low sugar column. Explain to students that these drinks are a better option because they may provide more benefits. For example, water can keep us fueled during exercise and throughout the day, milk helps strengthen our bones and teeth, and natural fruit juices provide us with vitamins and minerals that help us grow strong and healthy.

Next, discuss with the class some some examples of low sugar drinks that could replace high sugar drinks. For example: substitute water for sodas, regular milk for chocolate milk, and vegetable and fruit smoothies for milkshakes. Remind students that water is the best option to keep their bodies hydrated. If they do not like water, suggest adding pieces of fruits to flavor the water. For more information about this topic, visit: www.mentorprojectfiu.com

Do an overview of the **“Healthy Choices” worksheet for Grades K-2**. This activity will help students write more structured and complete sentences, as well as teach them how to choose lower sugar beverages. Explain the activity and clarify any questions the students may have.

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Name: _____ Date: _____

Healthy Choices

K-2

1) Help Michelle choose a similar but healthier option for each sugary drink.

Sugary Drinks



Chocolate Milk



Sports Drink



Soda



Milkshake

Drinks with Natural Sugars



100% Natural Orange Juice



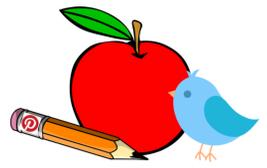
Smoothie



Water



Low/Reduced Fat Milk



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Name: _____ Date: _____

Healthy Choices

K-2

2) Rewrite each sentence with a healthier choice to help Michelle drink less sugar sweetened beverages. The first sentence is an example of what you should do.

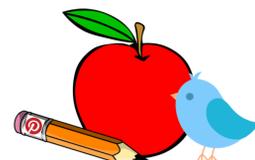
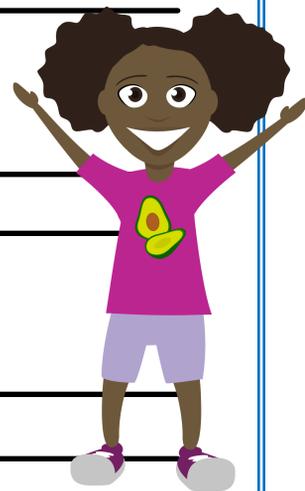
1. I drink a glass of chocolate milk before bed.

I drink a glass of **low fat milk** before bed.

1. I like to drink soda when I get home from school.

1. My favorite dessert is a milkshake.

1. After playing in the park I drink a sports drink.



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Name: _____ Date: _____

Healthy Choices

K-2

ANSWER KEY

1) Help Michelle choose a similar but healthier option for each sugary drink.

Sugary Drinks

Drinks with Natural Sugars



Chocolate Milk



100% Natural Orange Juice



Sports Drink



Smoothie



Soda



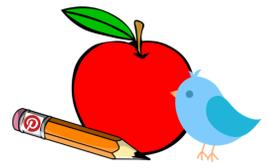
Water



Milkshake



Low/Reduced Fat Milk



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Name: _____ Date: _____

Healthy Choices

K-2

ANSWER KEY

2) Rewrite each sentence with a healthier choice to help Michelle drink less sugar sweetened beverages. The first sentence is an example of what you should do.

1. I drink a glass of chocolate milk before bed.

I drink a glass of **low fat milk** before bed.

1. I like to drink soda when I get home from school.

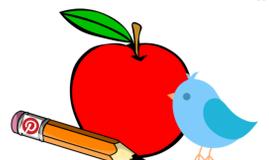
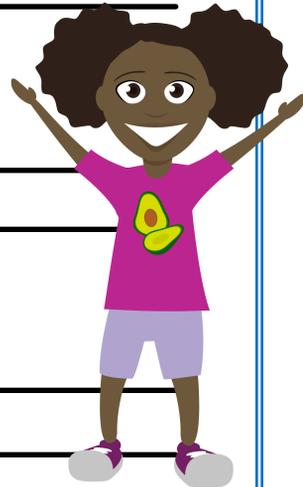
I like to drink **natural orange juice** when I get home from school.

1. My favorite dessert is a milkshake.

My favorite dessert is a **fruit smoothie**.

1. After playing in the park I drink a sports drink.

After playing in the park I drink **water**.



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