

health trek



LESSON 3

**think
before
you
drink**



**health
trek**

Today's Objectives

- Investigate the nutritional content in a variety of beverages by measuring the amount of sugar
- Learn the effects excessive soda consumption can have on bones



health
trek

Activity 1: What's In My Drink?

Each group needs:

- Four What's In My Drink? student handouts
- One Drink Group Hypothesis student handout
- One large paper bag (six drink containers inside)
- Six Ziploc bags
- One marker
- One foot of masking tape
- One calculator
- One set of measuring spoons
- One bowl of sugar

Activity 1 Continued

1. Each group needs to fill out the Drink Group Hypothesis worksheet before looking at any drink containers.
2. Each student needs to fill out their What's In My Drink? worksheet with the help of their groups.
3. While filling out the worksheet
 - measure the sugar in each container, place the sugar in a Ziploc bag, label the bag with the drink name

How to Convert Grams to Teaspoons

_____ grams x .25 = _____ teaspoons



health
trek

 GroupHealth.

© 2009 Group Health Cooperative

think before you drink

LESSON 3

Conclusion of Activity 1

1. Each group needs to record the second column on their Drink Group Hypothesis worksheet – the reality column.
2. Each group needs to report back to the class:
 - What surprised their group the most?
 - Which beverage has the most nutritional value?
 - Which beverage has the least nutritional value?

Drink Review

Pop

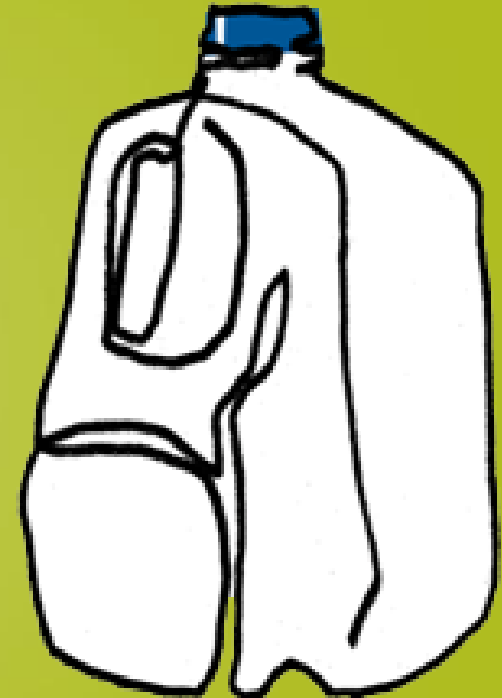
- Low in nutritional value (little or no vitamins or minerals)
- Contains high amounts of sugar and acid
- Can increase the risk for tooth decay
- Heavy pop consumption has been linked to diabetes, osteoporosis, obesity, and caffeine dependence



Drink Review

Milk

- High in calcium
- Loaded with eight other essential vitamins and minerals: protein, vitamin A, B-12, D, potassium, phosphorus, niacin
- Calcium is the single nutrient most likely to be missing in the American diet. Today 88% of girls and 60% of guys aren't getting enough calcium.



Drink Review

100% Orange Juice

- A 6 oz glass of orange juice is considered a serving of fruit a day
- Contains Vitamin C, which helps promote a healthy immune system
- Fruit juices also provide important amounts of Vitamin A and potassium
- Low in fat and sodium



Drink Review

Sports Drinks

- Are designed to benefit athletes engaged in continuous, high-intensity aerobic workouts that last for 90 minutes or more
- Have extra calories and a lot of sugar
- Offer little advantage over cool water



Activity 2: Rubber Bones

- What ingredients are in a soda?
- What might happen to the bones of a person who drinks 3-4 cans of soda on a daily basis?
- How do the two bones feel?
- What do you think accounts for the differences in feel?

Activity 3: Are You Getting Enough Calcium?

With the Foods High In Calcium and Are You Getting Enough Calcium? student handouts work with your group to calculate how much calcium you are getting.

Conclusion

Set three goals for the next two weeks concerning your beverage intake and your calcium intake. Include the following for each goal:

1. What is the goal?
2. How will it be measured?
3. What is the timeline?
4. Who can help you be successful with this goal?