

Sugary Drinks

Topic	The Truth Behind Sugary Drinks
Date	
Time	20 minutes
Audience	Grades 4-5
Materials	Sugar cubes Sugary drinks poster board 2 liter soda bottle Plastic baggies

Goals:
Sugary drinks are not good for our health, and water is the best choice to stay hydrated and healthy.
Main Ideas
<ul style="list-style-type: none"> • Most soda and fruit drinks have lots of sugar. • Sugar can cause illnesses or make us gain weight, which is not healthy for our bodies. • Water is the best choice to hydrate our bodies.
Guiding Questions
<ul style="list-style-type: none"> • Why are sugary drinks not very healthy for us? • What are some drinks that you consume that contain sugar? • What is the best choice for staying hydrated and healthy?
Assessments
How will students demonstrate they have learned and understood the material? Will they take a quiz or test, have homework, do a journal entry? Or will they play a game? Work in teams to finish as task?

Lesson Steps and Activities	
1. Introduction	Time: 7 mins.
<p>Introduce self and topic: sugary drinks</p> <p>Ask class:</p> <ul style="list-style-type: none"> • What are drinks that you consume that contain sugar? • Why do we need sugar? <p>How does sugar affect our health? Obesity, heart disease, diabetes</p> <ul style="list-style-type: none"> • Most soda and fruit drinks have lots of sugar. Sugar tastes good but can cause obesity, diabetes, and heart disease. • Sugar = energy. It gives us a quick energy boost that does not last. <p>Do the wave. Quick rise in blood sugar = energy. But then body works hard to pull sugar out of blood and put into storage (muscles) so boost does not last.</p> <p>Which drinks do not have sugar? Water!</p> <p>Show sugar board – briefly discuss</p>	

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2. Sugar Adds Up	Time: 4 mins.
<p>How much added sugar do you think the average American consumes in a year? 100 lbs a year = ¼ lb a day! (amount of sugar in 1 liter cola bottle – show) = 28 tsp – extra calories from all this sugar leads to gaining weight and overall health problems How much should we drink? Only about 3-4 tsp a day</p> <p>It’s not that hard to consume 28 tsp of added sugar a day. That would be the same as 1 cup of orange juice at breakfast (6 tsp) + 1 chocolate milk at lunch (7 tsp) + 1 soda at dinner = 30 tsp already! And that’s without all the added sugar we eat.</p>	
3. How much sugar do you drink a day?	Time: 7 mins.
<p>Complete worksheet on your own. How much sugar did you drink today or yesterday?</p> <p>Measure it out in a baggie. Ask for volunteers to share. How does your intake compare to the average 28tsp/.25lbs a day, or the recommended 3-4 tsp a day?</p>	
4. Closing	Time: 2 mins.
<p>Children should not consume more than 3-4 tsp/day (added sugar)</p> <p>How could you drink less sugar? Replace one of your sugary drinks with water.</p> <p>By drinking 1 less sugary drink every day, you could lose a lot of weight (20 lbs a year) and improve your health.</p> <p>Drink water! Water down sugary drinks Drink milk = calcium to grow strong</p>	