

Module Three:

Rethink Your Drink

Objectives

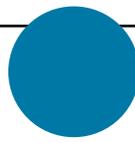
1. Demonstrate how much sugar can be found in popular drinks.
2. Show participants how they can calculate the amount of sugar in a drink and understand what too much sugar is.
3. Identify 1-2 changes participants can make to promote a healthy lifestyle AND save money by not purchasing expensive sugary drinks.

Electronic Resources

All materials listed in this module are available at <http://countyofsb.org/behavioral-wellness/nutritioncurriculum.sbc>.

Materials

- **Rethink your Drink PowerPoint Presentation** – Explains what sugar-sweetened beverages are, how they affect the health of people who consume them, and recommends ways to decrease intake of sugary drinks by replacing them with healthier substitutes.
- **Sugar-Sweetened Beverages** – Includes bulleted information on how sugary drinks lead to increased risk of being overweight or obese. Best for individuals with significant reading comprehension.
- **Choose Health, Drink Water** – 1-page handout that with images of sugary drinks, how many teaspoons of sugar are in the drink, and how long a person would need to walk to burn off the calories in the drink. Ideal for visual learners and for children in 4th grade and over. Available in English and Spanish.
- **Make Every Sip Count** – Colorful, visual handout with information about beverages and nutritional facts. This handout is ideal for participants in grades 7th and over. Available in English and Spanish.
- **Learning the Facts Cards** – This card game includes fun facts and definitions of health-related terms. Ideal for teenagers and adults. Available in English and Spanish.



Ice Breaker Activity #1 – Sugar Shockers

Materials/Handouts

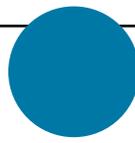
- **Rethink Your Drink Beverage Cards** – Print out the 11 drink cards onto 8.5”x11” white cardstock. You may want to laminate them or put them in sheet protectors to help them stay clean longer.
- **Calculations Key Drink Label Cards** – Chart that includes drinks and their size, sugar type, calories, teaspoons of sugar, and the time it would take to burn off calories.
- **A Day of Beverages** – This document compares 5 drinks, explains how many calories are in each, and how much exercise a person has to do to burn the calories.
- Bag of sugar or sugar cubes
- Clear cup
- Teaspoon

Ice Breaker Activity Steps

1. Give each participant a beverage card and have them present the following information to the rest of the group: number of servings, calories per serving, grams of sugar, and teaspoons of sugar (grams divided by 4 = the amount of teaspoons of sugar).
2. Focus on the number of teaspoons of sugar for each beverage.
3. Pass out the participants the **A Day of Beverages** handout and choose 3-4 participants to place the total number of teaspoons of sugar for each drink (orange juice, coke, energy drink, and sweetened ice tea) in a plastic cup.
4. Display what the sugar content in these drinks looks like.

Ice Breaker Activity #2 – Most/Least Sugary Drinks?

Ask participants to name as many drinks they can think of that might contain sugar. Write their responses on a white board or flip chart. As a follow-up, ask **“Which of these drinks do you think has the most sugar, and which has the least sugar?”** Through a discussion, have the group come to a consensus. Circle and label their choices with the most and least sugar. Explain to the group that you’ll refer back to this list and their choices during the presentation to compare their ideas and opinions on sugary drinks with the nutritional facts.



Suggested Group Lesson Format

1. Introduction and **Ice Breaker Activity**.
2. Review **Rethink Your Drink PowerPoint Presentation**.
3. Review ideas on how participants can incorporate drinking water and low to no calorie drinks on a daily basis.

Time

One ice breaker activity, PowerPoint slides and handout discussion: approximately 40 – 50 minutes.