



(T-2) LESSON SUGGESTIONS

ACTIVITIES FOR THE CLASSROOM

1. Review the *Re-Think Your Drink* background information (T-1).
2. Choose a learning activity from the list below to carry out with your class.
3. Review the *5 C's of Sugary Drinks* teaching overhead (T-3).
4. Review the *Re-Think Your Drink* (T-4).
5. Review recommendations on how to increase a healthy drink intake. Brainstorm recommendations and ways for students to increase their healthy drink intake.
6. Visit the website: www.calgaryhealthregion.ca/rethinkyourdrink

LEARNING ACTIVITIES

1. Teaspoons of sugar

- a. Introduction: Begin with the fact that we make decisions every day – some small, some not so small. Ask students to provide examples of major and minor decisions. Some decisions, which appear on the surface to have minor consequences, can have far-reaching and sometimes devastating consequences. Explain that they are going to learn about one such decision – the choice of beverages as a snack, during the day or at mealtime.
- b. Draw a table on the board, example below (*1 row for each drink*).

Drink	Guess teaspoons of sugar	Actual teaspoons of sugar

- c. Show 5 empty drink containers (*or identify relevant drinks*) and ask students to guess how many teaspoons of sugar are in each drink. Write guesses on the board (*could ask for a volunteer student to record answers*).
(OPTIONAL) To represent 5 different drinks, set out 5 empty cups on a table. Starting with the first drink, ask the volunteer to measure out the amount of teaspoons for each different drink into an empty cup. As the volunteer is measuring the sugar, ask the rest of the participants to count the teaspoons.

2. Math Activity

- a. Ask students to guess how many teaspoons of sugar are in some of their favorite drinks (*if not already done in activity #1*). Calculate what the difference is between guessed number of teaspoons vs. actual number of teaspoons.
- b. Students may also be challenged to calculate how many teaspoons of sugar they drink in one day.
- c. Have students record results from the following questions:
 - By a show of hands, how many students regularly consume pop and/or milk?
 - How many students drink more pop than milk?
 - How many students drink more milk than pop?

Finally, have students note the total number of respondents present today and record that number. Calculate what percentages of students drink more pop or more milk.

- d. One can of Coke contains 10 teaspoons of sugar. One bottle of Fruitopia contains 16 teaspoons of sugar. If a person drank 2 cans of Coke and 1 bottle of Fruitopia every day for a week, how many teaspoons of sugar would they drink?

(Answer: $10 + 10 + 16 = 36$ teaspoons of sugar. Take 36 teaspoons of sugar \times 7 days = 216 teaspoons of sugar in one week)

1 teaspoon of sugar = 4 grams of sugar. If they drank 36 teaspoons of sugar in one day, how many grams of sugar would they drink in one day, in one week?

(Answer: 36 teaspoons = $36 \times 4 = 144$ grams of sugar in one day; $36 \times 4 \times 7$ days = 1008 grams of sugar in one week)

3. Create a Sugar Display

- Fill baggies or cups with the appropriate amount of sugar contained in each beverage and place them on a table.
- Use a display board to create a display outlining sugar amounts, and information on the harmful effects of sugary drinks. Note: you may want to cover the sugar amounts with paper and have others guess how much sugar each beverage contains.
- Set the display up in the classroom or in a high traffic area of the school.

4. Coke Float Activity

- Fill a transparent container with water. Show students a can of regular pop and can of diet pop.
- Ask them to predict what will happen when they are placed in the container of water.
- Place the regular pop in the container (*it will sink*). Place the diet pop in the container (*it will float*).
- Ask the learners if they can guess why this happened.
(Explanation: Even though both cans have the same amount of liquid in them, regular pop has 10 teaspoons of sugar while diet pop uses artificial sweetener. Artificial sweetener is much sweeter and weighs less than sugar so only a small amount is needed to provide the same sweetness as regular pop).

Although diet pop does not have sugar in it, it still has acid and can cause cavities. It also does not have many nutrients in it. Choose 100% juice, milk, and water more often.