



Choose Drinks That Count!

Target Audience

Children, ages 11 to 12

Behavior Objectives

Children who participate in this activity will:

- Select healthful drink choices
- Read and understand the nutrition facts on the label

Lesson Overview

20-MINUTE ACTIVITY!

- Children talk about the Eat Smart. Play Hard™ poster message, *Balance Your Day With Food and Play.*
- Children compare the nutrient content of soda and orange juice, using the Nutrition Facts labels.
- Children discuss the amount of added sugars and calories in a soda.
- Children brainstorm drinks that Power Panther would consider to be great “power drinks.”
 - Children will receive an Eat Smart. Play Hard™ sticker.



Materials

- Decorate the learning area with the *Balance Your Day With Food and Play* and *Grab Quick & Easy Snacks* posters.
- Copy page 10, the Nutrition Facts labels for 100% orange juice and orange soda.
- Three medium-sized, clear drinking glasses, a measuring teaspoon, about 1/2 cup of sugar, 8 fluid ounces (or 1 cup) of 100% orange juice, and a 12-ounce can of orange soda.
- Get Eat Smart. Play Hard.™ stickers, enough for each child.
- Copy the *Fun With Food* handout for each child to take home.

The images for all of the Eat Smart. Play Hard.™ materials (*Balance Your Day With Food and Play* and *Grab Quick & Easy Snacks* posters and Eat Smart. Play Hard.™ stickers) are available on-line:

www.fns.usda.gov/eatsmartplayhard/orderform.htm



Background Information for Leaders

Use the information below to guide your discussion on this lesson. It's not meant to be presented directly to children.

Beverages supply water and, when selected carefully, can be a good source of other nutrients. Fluids, like water, are important for the body to function. Children need fluids every day. When they are physically active, they need to replace the fluids lost from sweating.

Drinks supply different amounts of nutrients and calories:

- Some drinks provide more nutrients than others. Milk has calcium, protein, vitamin D, and other nutrients. One hundred percent orange juice and other 100% juices provide calories and several vitamins, such as vitamins A and C, and minerals such as potassium.
- Soda and other sweetened drinks contain water, added sugars, and calories, but little else. Fruit-flavored sodas and waters may have a lot of added sugar without the nutrients found in 100% fruit juice.
- Juice drinks such as fruit punches are often just 10% juice and not as nutritious as 100% juice.
- To maintain body weight in a healthy range, calories from food and drinks should equal calories burned.

Smart advice for making drink choices:

- Encourage children to drink water, especially when they are physically active.
- Drink beverages such as fat-free or low-fat milk and 100% fruit and vegetable juices that have nutrients needed to stay healthy.
- Children 9 years of age and older should consume 3 cups per day of fat-free or low-fat milk or an equivalent amount of milk products, such as cheese, cottage cheese, and yogurt.
- Choose drinks with little added sugars.



Teaching Activities

1. Refer to the poster, *Balance Your Day With Food and Play*.

- **Ask** the children what message they think Power Panther wants them to get from the poster. [Answers might include: to eat smart healthful, which includes making food and drink choices, to move more every day, be physically active to burn up the calories in the foods and drinks you consume.]
- **Point out** that some drinks can be better for you such as 100% fruit juice and milk.
- **Ask** why it is important to make smart drink choices. [Answers might include: healthy drinks give you the nutrients you need to feel good and play hard.]
- **Ask** what drinks would be smart choices. [Answers might include: 100% fruit or vegetable juice, fat-free or low-fat milk, fruit smoothie.]

Refer to the “Background Information for Leaders” to guide your discussion.

2. Pour 8 fluid ounces (1 cup) of 100% orange juice and 8 ounces (1 cup) of orange soda into two separate glasses.

- **Say:** You have two drinks to choose from: 1 cup of 100% orange juice or 1 cup of orange soda.
- **Ask:** Which do you think is the smart drink choice? Why?
- **Say:** Let’s find out more about the nutrition in these two drinks.

3. Use Nutrition Facts labels ... help kids compare the calories and nutrients in 100% orange juice and orange soda.

- **Say:** The Nutrition Facts on food labels can help you identify the nutrients in drinks so you can make smart drink choices.

4. Give each child: Handout of Nutrition Facts labels for 100% orange juice and orange soda.

- **Say:** Using the Nutrition Facts labels for 100% orange juice and orange soda, look at the calories in each drink. Make sure the two drinks are based on the same serving sizes (1 cup—8 fluid ounces). Which has fewer calories? Which has the most vitamin C? What drink is the better choice to help you to grow and play? Why?
- **Explain:** That 100% orange juice naturally contains sugar, while soda has sugar added.

Teaching Activities (continued)

5. How much sugar is in a 12-ounce can of orange soda?

- Say:** Let's see how much sugar is added to a can of orange soda. Have someone measure:
 - 3 teaspoons of table sugar into a clear glass. Ask: do you think that 12 ounces of orange soda has this much sugar? [Answer: No.]
 - Add 3 more teaspoons of table sugar to the glass to total 6 teaspoons. Ask: Do you think that 12 ounces of orange soda has this much sugar? [Answer: No.]
 - Add 3 more teaspoons of table sugar to the glass to total 9 teaspoons. Ask: Do you think that 12 ounces of orange soda has this much sugar? [Answer: No.]
 - Add 3 more teaspoons of table sugar to the glass to total 12 teaspoons.
- Ask:** Do you think that 12 ounces of orange soda has this much sugar? [Answer: Yes.]
- Say:** A 12-ounce can of orange soda contains about 12 teaspoons of table sugar.
- Ask:** How much added sugar is in a 20-ounce bottle of orange soda? [Answer: about 20 teaspoons added sugar.]

6. Conclude the lesson by having the children brainstorm drinks that Power Panther would consider to be great “power drinks.”

- Give each child** an Eat Smart. Play Hard.™ Power Panther sticker at the end of this lesson.
- If time allows, offer a sample of orange juice to each child.



Extra Activities

If you have more than 20 minutes, these are some extra activities you might do.

- ☀ **Line Up and Compare.** Bring in drink packages or containers, or ask children to bring in some. Use the information on the Nutrition Facts labels and have students arrange the drinks three different times from highest to lowest in: calories, calcium, and vitamin C. Make sure the drinks are based on the same serving sizes (1 cup—8 fluid ounces).
- ☀ **Graph It Up!...** Encourage children to practice their math skills. Have them use the Nutrition Facts labels for drinks from *The Power of Choice* to make bar graphs, showing and comparing the nutrition in their own favorite beverage choices. Remind them to label each graph with the name of the drink and serving size! Be sure each product is using the same serving sizes or instruct on how to perform math conversions.
- ☀ **Get Creative! Promote Power Drinks.** Have kids share the “Make Drinks Count” message with their friends. Come up with lively quotes or slogans for Power Panther, or design posters, flyers, or a banner promoting healthful drinks. Display what they create next to vending machines, concession stands, or other places where children make drink choices.



At-Home Activities

When you talk with parents, suggest these activities.

☀️ **Kitchen Checklist...** Encourage children to check out the labels on drinks in their homes. To support this activity, give parents the brochures — *Balance Your Day With Food & Play* and/or *Grab Quick & Easy Snacks*. Under *Be A Role Model!* encourage them to write in beverages they could buy for meals and snacks that deliver more nutrition, such as 100% fruit juice, and low-fat or fat-free milk (flavored or unflavored).

☀️ **Shake It for Fun...** Prepare these nutritious and tasty drinks for the whole family. Ask kids to get their parents to help them prepare the fruit yogurt shake and fruit shake from the *Fun With Food at Home* handout.

Fruit Yogurt Shake

Serves 4

1 cup fruit (peaches, strawberries, bananas), cut up

4 scoops ($1\frac{1}{3}$ cups) low-fat frozen yogurt

2 cups fat-free milk, ice cold

1. Cut up fruit—carefully. Put all ingredients into blender, close top, and then blend.
2. Pour into chilled glasses. Serve with straws. Cool!

Fruit Shake

Serves 2

$\frac{1}{2}$ cup of cut-up fruit (strawberries, bananas)

$\frac{1}{2}$ cup of low-fat yogurt

$\frac{1}{2}$ cup low-fat or fat-free milk

$\frac{1}{2}$ cup ice

1. Place all ingredients in a blender, close top, and puree.
2. Pour into glasses and serve with straws. Enjoy!



Community Activities

- ☀️ **Sponsor a water station...** Volunteer at sporting events, a community fitness walk or run, or bike-a-thon to provide water for participants. Give all volunteers an Eat Smart. Play Hard.™ sticker to identify your volunteer team. Arrange for Power Panther to cheer the participants at the start and finish lines. The stickers are available on-line. You can also find information about the Power Panther costume. www.fns.usda.gov/eatsmartplayhard/Zone/costume.html
- ☀️ **Partner with the Power Panther...** Invite the Eat Smart. Play Hard.™ spokescharacter, Power Panther, to help promote smart drink choices and add fun to your community's health, nutrition, sports, or other community events. The Power Panther costume is available on loan at no cost. The Eat Smart. Play Hard.™ Web site tells you about Power Panther and provides information for booking, handling, and using the costume!
www.fns.usda.gov/eatsmartplayhard/zone/costume.html
 - Plan for Power Panther appearances in the concession or vending machine areas, as well as other places where people gather.
 - Take photographs of Power Panther and your Eat Smart. Play Hard.™ events. Refer to the Eat Smart. Play Hard.™ photo gallery for ideas:
www.fns.usda.gov/eatsmartplayhard/Zone/photo.html
 - Play Power Panther songs at the event, too.
www.fns.usda.gov/eatsmartplayhard/Collection/collect_tools.html

We want to hear from you! Share your success stories with the Food and Nutrition Service by sending news clippings, photos, and event descriptions to: eatsmartplayhard@fns.usda.gov

Useful Resources

- **Additional Eat Smart. Play Hard.™ Resources**
www.fns.usda.gov/eatsmartplayhard
- ***The Power of Choice, Topic 6, Make Drinks Count!* – and the extended activities on its compact disk**
www.teamnutrition.usda.gov/Resources/POC_topic6.pdf
- **Child Nutrition and Health Web sites**
www.nal.usda.gov/fnic/etext/p00008.html
- ***yourSELF Middle School Educational Kit***
www.fns.usda.gov/tn/Resources/yourself.html
- **Other Team Nutrition Resources**
www.teamnutrition.usda.gov/library.html
- **Food and Drug Administration Resources:**
“How to Understand and Use the Nutrition Facts Label”
www.cfsan.fda.gov/~dms/foodlab.html

We want to hear from you! Share your success stories with the Food and Nutrition Service by sending news clippings, photos, and event descriptions to: eatsmartplayhard@fns.usda.gov

Nutrition Facts Labels

100% Orange juice

| Nutrition Facts | | |
|-----------------------------|-----|-----------------|
| Serving Size 8 fl oz (249g) | | |
| Servings Per Container 8 | | |
| Amount Per Serving | | |
| Calories 110 | | |
| | | %Daily Value* |
| Total Fat | 0g | 0 % |
| Saturated Fat | 0g | 0 % |
| Cholesterol | 0mg | 0 % |
| Sodium | 0mg | 0 % |
| Total Carbohydrate | 26g | 9 % |
| Dietary Fiber | 0g | 0 % |
| Sugars | 22g | |
| Protein | 1g | |
| Vitamin A | 0% | • Vitamin C 50% |
| Calcium | 2% | • Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet.



Orange soda

| Nutrition Facts | | |
|-----------------------------|------|----------------|
| Serving Size 8 fl oz (240g) | | |
| Servings Per Container 1.5 | | |
| Amount Per Serving | | |
| Calories 120 | | |
| | | %Daily Value* |
| Total Fat | 0g | 0 % |
| Saturated Fat | 0g | 0 % |
| Cholesterol | 0mg | 0 % |
| Sodium | 35mg | 1 % |
| Total Carbohydrate | 32g | 11 % |
| Dietary Fiber | 0g | 0 % |
| Sugars | 32g | |
| Protein | 0g | |
| Vitamin A | 0% | • Vitamin C 0% |
| Calcium | 0% | • Iron 0% |

* Percent Daily Values are based on a 2,000 calorie diet.