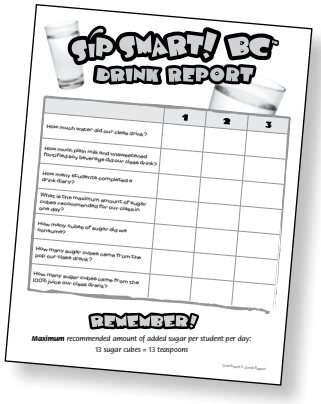
Activity 3. Drink Report I *(5 mins)*

Key Messages

- The number and size of servings we drink affects the amount of sugar we consume.
- Knowing what is in drinks helps us to make healthy choices.

Objectives

- To discuss the implications of the drinks reported by the class.



Preparation

- Make overhead transparency of Overhead 3: *Drink Report*.
- Fill in the class results of the last ***Sip Smart! BC***™ *Drink Diary* that you calculated with the *Drink Diary Calculator*. Once you enter students' drink reports into the *Drink Diary Calculator*, the summary information for Overhead 3: *Drink Report* is automatically calculated for you.
- Copy Handout 13: ***Sip Smart! BC***™ *Drink Diary* for each student.
- Review Backgrounder: *Sugar (page 112)*.

Activity

Level 1 and Level 2

- Report results of last ***Sip Smart! BC***™ *Drink Diary* to the students using Overhead 3: *Drink Report*.
- Discuss results for that set of class results (each class will be different). For example: encourage the class to increase consumption of plain milk or unsweetened fortified soy beverages (if needed), limit sugary drinks (if needed), etc.
- Have the class work out a daily class goal, e.g., fewer than 390 sugar cubes each day = fewer than 13 cubes of sugar each for 30 students.
- Distribute Handout 13: ***Sip Smart! BC***™ *Drink Diary* and ask students to fill in ***Sip Smart! BC***™ *Drink Diary* II. Some teachers skip the second ***Sip Smart! BC***™ *Drink Diary* and just do 1 for the fourth lesson. The benefit of doing 3 Drink Diaries is that the repetition increases childrens' awareness of what drinks they are consuming and the concept of portion size.
- **The Drink Diary Calculator makes it easy to summarize class results!** For details, see Lesson 1 or the ***Sip Smart! BC***™ *Drink Diary Backgrounder.*

Activity Tips

Health professionals recommend no more than 13 teaspoons of added sugar each day for Grades 4-6. This includes added sugar from foods and drinks, and the sugar naturally present in 100% fruit juice.

The activity offers teachable moments, such as: Comparing the average student intake of water, plain milk or unsweetened fortified soy beverage and added sugar with recommendations and limitations made in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis.*

The Punchline!

Now that we see what our class is drinking, it looks like we should:

- set a goal to…drink more water, drink more plain milk/unsweetened fortified soy beverage, drink less hot chocolate, etc.
- set a goal to….drink fewer sugary drinks.
- celebrate our great drinking habits!

(as appropriate for that set of class results).

SIP SMART! BC™ DRINK DIARY

Name _____ Date _____

Did you have anything to eat or drink:

1 Before school?

I had something to eat ❑ Yes ❑ No
I had something to drink ❑ Yes (fill in table below) ❑ No (wait for teacher instruction)

Before school yesterday	Circle the type of container it came in:	Circle the size of your drink:	How many?
		S M L XL	
		S M L XL	

2 When you were at school? (Remember to include recess and lunchtime!)

I had something to eat ❑ Yes ❑ No
I had something to drink ❑ Yes (fill in table below) ❑ No (wait for teacher instruction)

At school yesterday	Circle the type of container it came in:	Circle the size of your drink:	How many?
		S M L XL	
		S M L XL	
		S M L XL	
Did you have drinks from the water fountain? ❑ Yes ❑ No			

3 After school (Did you have anything while you were at an activity, during an evening meal or with a bedtime snack)?

I had something to eat ❑ Yes ❑ No
I had something to drink ❑ Yes (fill in table below) ❑ No (wait for teacher instruction)

After school yesterday	Circle the type of container it came in:	Circle the size of your drink:	How many?
		S M L XL	
		S M L XL	
		S M L XL	

Handout 13: ***Sip Smart BC!™*** *Drink Diary*

Sip Smart! BC™ Drink Report

	1	2	3
How much water did our class drink?			
How much plain milk and unsweetened fortified soy beverage did our class drink?			
How many students completed a drink diary?			
What is the maximum amount of sugar cubes recommended for our class in one day?			
How many cubes of sugar did we consume?			
How many sugar cubes came from the pop our class drank?			
How many sugar cubes came from the 100% juice our class drank?			

Remember!

Maximum recommended amount of added sugar per student per day:

13 sugar cubes = 13 teaspoons

Overhead 3: *Drink Report*

Sugar

A. What are sugary drinks?

Sugary drinks are drinks (carbonated or not) that contain added sugars.

- Pop or soft drinks
- Energy drinks
- Hot chocolate
- Store-bought smoothies
- Slushes
- Fruity drinks (e.g., "punches", "cocktails" or "-ades")
- Sports drinks
- Flavoured or vitamin-enhanced waters

Added sugars are sugars and syrups that are added to drinks or foods during processing (e.g. sugars added to pop by the manufacturer) or preparation (e.g. sugars added to a cappuccino after it was bought at the coffee shop). Sugary drinks often have little to no nutritional value. These drinks "bump out" the nutritious drinks and foods our bodies need to be healthy. For example, children and adolescents who drink pop regularly are more likely to have lower intakes of calcium and other nutrients.

Naturally occurring sugars are no different from added sugars in terms of their effects on the body. However, because drinks with naturally occurring sugars often contain important nutrients, they can be consumed in moderation as part of healthy eating. Some drinks with naturally occurring sugar are 100% fruit juice (contains fructose), and plain milk (contains lactose).

Hidden sugars are other names for added sugars that might not sound or look like sugar. These include: sucrose, dextrose, dextrin, maltose, galactose, liquid glucose-fructose, invert sugar, raw cane sugar, brown sugar, corn sweetener, high-fructose corn syrup, rice syrup, concentrates of fruit puree or fruit juice, honey, malt syrup, and molasses.

What about **artificial sweeteners**?

In keeping with the *Guidelines for Food and Beverage Sales in B.C. Schools*, drinks sweetened with artificial sweeteners such as aspartame, acesulfame potassium and sucralose are not allowed in elementary and middle schools (but allowed in secondary schools as *Sell Sometimes* items). Just like sugary drinks, artificially sweetened drinks get children used to sweet-tasting, non-nutritious items. They provide none of the nutrients that a child's growing body needs to be healthy and strong, and can bump healthy foods and drinks out of the child's diet. These drinks may also contain artificial sweeteners in amounts that exceed the acceptable daily intake (ADI) for children.

References

HealthyFamilies BC, *Facts About Sugary Drinks*, August 2013

BC Ministry of Education and BC Ministry of Health, *Guidelines for Food and Beverage Sales in B.C. Schools*, 2013

HealthyFamilies BC, *Your Guide to Sugar Part 1 and Part 2*, January 2015