

Activity 2. Drink Check (10-15 mins)

Key Messages

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

Objectives

- To recall drinks that they have consumed in different situations.

Preparation

You need:

- Poster: *What Size Is Your Drink?*
- **Sip Smart! BC™** Drink Cut-outs

Also:

- Make a transparency of Overhead 1: *Sugary Drink Examples*
- Review Backgrounder: *Juices and Fruity Drinks* (page 114).
- *Optional:* Collect different empty drink containers (*Suggestion:* check recycling box in classroom) to use in addition to **Sip Smart! BC™** Drink Cut-outs.



The Punchline!

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

**A healthier alternative to
100% fruit juice would be a
glass of water and fresh fruit**



Activities

Level 1 and Level 2

• WARM UP

Organize students into 7 groups and assign each group to 1 of the following situations:

1. At breakfast, lunch or dinner
2. After sports
3. At the movies
4. At recess or lunch at school
5. At a restaurant
6. While watching TV/playing computer games
7. At a class party

Ask the students to brainstorm drinks that they typically have in that situation.

Have them present their result after 3 minutes.

• WHAT SIZE IS MY DRINK?

Introduce Poster 1: *What Size Is Your Drink?*

Show empty drink containers or **Sip Smart! BC™ Drink Cut-outs** to explain the sizes XS, S, M, L and XL.

Hand out different sized containers to teams and ask students to write size XS, S, M, L or XL on the containers with markers, or verbally report to the class. Have each team present their sizes.

• DIFFERENT KINDS OF CONTAINERS

Explain the names of different kinds of drink containers (glass, carton, and bottle) with the help of **Sip Smart! BC™ Drink Cut-outs** or empty beverage containers. Include water fountain.

• CLOSER LOOK AT DRINKS

Show Overhead 1: *Sugary Drink Examples*

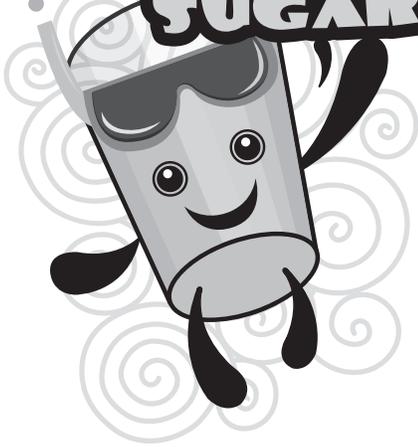
Give a brief explanation of the differences between juice, cocktail/blend and punch, or involve the students by letting them explain the illustrations. Show different drink containers to emphasize the explanation.

Activity Tips

This activity prepares the students for the Drink Diary (see next page).

The size of drinks is a key concept. We also introduce the different drink containers in order to trigger students' recall.

SIP SMART! BC™ SUGARY DRINK EXAMPLES



Sugary drinks are beverages with HIGH amounts of sugar.

Examples include iced tea, fruit juice, soft drinks, sports drinks, energy drinks, fruit-flavoured drinks and punches, sweetened plant-based beverages, flavoured waters with added sugars, sweetened milks like chocolate milk, sweetened hot or cold tea, coffee, hot chocolate and other specialty drinks.



Iced Tea



Fruit Juice



Soft Drinks



Sports Drinks



Energy Drinks



**Fruit-flavoured
Drinks & Punches**



**Flavoured waters
with added sugars**



**Sweetened
Milks**



**Sweetened
Tea Drinks**



**Specialty
Drinks**

Overhead 1: Sugary Drink Examples

Juices and Fruity Drinks

100% fruit juice contains some of the natural vitamins (such as vitamin C, potassium and B-vitamins) found in fruit. However, fruit juice still contains a lot of concentrated sugar, and has the same effect on teeth as other sugary drinks. For this reason, children and adults should get these important nutrients from cut and intact fruits and vegetables. A healthier alternative to 100% fruit juice would be a glass of water and fresh fruit, which provides all the vitamins, minerals, and fibre naturally present, but with much less sugar! Juice is not a necessary part of a healthy diet. Fruits and vegetables are!

Fruity drinks such as “fruit beverages”, “fruit drinks”, and “fruit cocktails” are sugary drinks that contain high amounts of sugar along with other additives that are not good for growing children. Free sugars in fruit drinks can be particularly inconspicuous, because these drinks are often labelled to look healthy:

- Fruit nectars or juice blends contain free sugar and only 50% or more juice content.
- Fruity drinks such as “fruit beverages”, “fruit drinks”, and “fruit cocktails” are sugary drinks that contain high amounts of sugar along with other additives.

What about vegetable juice?

Juice can be made from vegetables (e.g., tomatoes, carrots, celery, beets, parsley, lettuce, watercress, spinach). They are often high in added salt (sodium). Some vegetable juices can have fruit juice or sugar added to them. A healthy alternative to vegetable juice would be a glass of water and fresh vegetables, which provides all the vitamins, minerals and fibre naturally present, but with much less sugar!

Fortified juices

Some juices, such as orange juice, may be fortified with added calcium or vitamin D. These juices have the same amount of calcium or vitamin D as plain milk or unsweetened fortified soy beverage, but are much lower in protein and should not be used to supplement calcium and vitamin D requirements on a regular basis.

Are unpasteurized fruit juices and ciders safe?

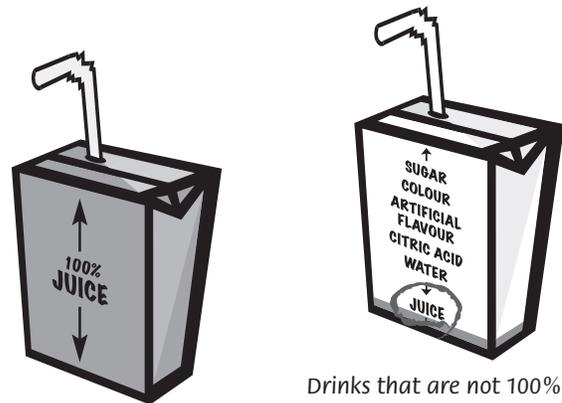
Not for everyone. Infants, young children (ages 5 and under), older adults, and people with weakened immune systems (such as those with HIV or those being treated for cancer) are most at risk. Unpasteurized juice or cider does not undergo the treatment needed to kill harmful bacteria. Often they are sold at health food stores, local orchards, roadside stands, farmers’ markets, country fairs and juice bars. Unpasteurized juice or cider may also be found on ice or in refrigerated display cases and in produce sections at grocery stores.

References

The following sections were adapted with OSNPPH permission from *Sip Smart!™ Ontario Teacher Resource Guide*, 2016: *What about vegetable juice?*, *Fortified juices*, *Are unpasteurized fruit juices and ciders safe?*

HealthlinkBC, *Unpasteurized Fruit Juices and Ciders: A Potential Health Risk*, February 2010

Health Canada, *Food & Nutrition/Food Safety/Unpasteurized Fruit Juice and Cider*, August 2007



Juice labelled “100% fruit juice” or “unsweetened 100% juice”.

Drinks that are not 100% juice contain only a small amount of juice or none at all.