

Activity 1. Canada's food guide or Eating Well with Canada's Food Guide - First Nations, Inuit and Métis (5-10 mins)

Key Messages

- Some drinks don't fit into the food groupings of *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*.

Objectives

- To recognize that sugary drinks do not contain enough nutritional value to fit into Canada's food guide groupings of vegetables and fruit, whole grain foods, or protein foods.

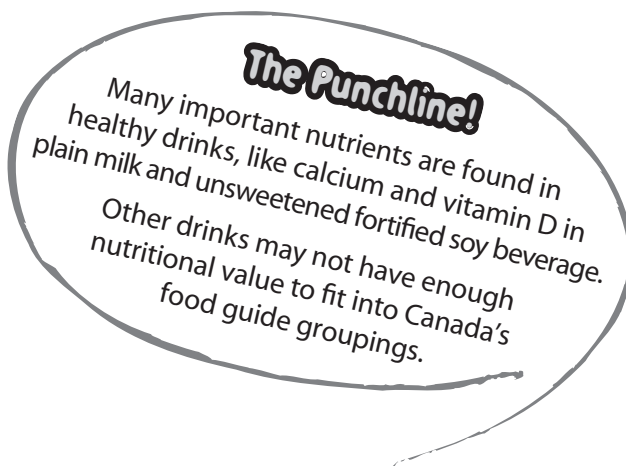
Preparation

You need:

- Magnets or tape
- Big sticky notes
- **Sip Smart! BC™ Drink Cut-outs**

Also:

- Canada's food guide healthy food groupings on the blackboard: Vegetables and Fruit, Whole Grain Foods, Protein Foods, and Water.
- Review Backgrounder: *Guide to Making Healthy Drink Choices* (page 118).
- **Note:** This lesson assumes students will have completed 1 *Sip Smart! BC™ Drink Diary* and their reports have been summarized. See Lesson 1, Activity 3.



Activity

Level 1

10 minutes

- Ask students to brainstorm drinks and each write 1 idea on a sticky note.
- Review Canada's food guide and the healthy food groupings with students.
- Have students put their sticky note on their forehead (or shirt) and silently group themselves into groups of drinks that fit into the food groupings vs. drinks that do not.
- Place the **Sip Smart! BC™ Drink Cut-outs** and sticky notes into the appropriate food grouping on the blackboard.

Level 2

5 minutes

- Review the food groupings with students.
- Choose some drink examples (**Sip Smart! BC™ Drink Cut-outs** or real containers) and ask students where to place them on the blackboard.
- Ask:
 - Q. Why is it better to eat fruits and vegetables than drink them?
 - A. ✓ Because fruits and vegetables have fibre and provide other benefits to our bodies. As sugary drinks don't make you feel full and satisfied, you might drink a lot of sugar without realizing it. Fruits and vegetables fill you up and help you balance your overall food intake.

Guide to Making Healthy Drink Choices

Choose most	Choose sometimes	Choose least or not at all
Water – great for keeping a person hydrated, and for sipping all day		100% juice – is a sugary drink that contains some micronutrients.
Plain milk – has some naturally occurring sugar but also contains key nutrients like protein, calcium, vitamins A and D Plain milk alternative: unsweetened fortified soy beverage	Reduced sugar flavoured milk (e.g. chocolate, strawberry) – contains more sugar than plain milk but has just as much nutritional value – reduced sugar milks will have 20 grams or less sugar per 250 mL Reduced sugar flavoured milk alternative: Reduced sugar flavoured fortified soy beverage	Fruit drink – contains only a small amount of real juice; most of the flavour comes from sugar; fruit drinks may also be called fruit “cocktails”, “blends” or “beverages” Sports drink – has high sugar content; is intended for use during / after intense and continuous physical activity lasting longer than 90 minutes
		Pop – is high in sugar and has no nutritional value; cola often contains caffeine
		Diet pop – has no sugar, contains artificial sweeteners and acid (harmful to teeth), no nutrients, and sometimes caffeine
		Energy drink – has high sugar content and high or very high caffeine content; may also contain other harmful additives
		Regular flavoured milk/fortified soy beverage – contains more sugar than plain or reduced sugar flavoured milk

References

Consistent with BC Ministry of Education and BC Ministry of Health, *Guidelines for Food and Beverage Sales in B.C. Schools*, 2013
Reference for “choose most definition” adapted from Alberta Health Services, *Healthy Eating for Children and Youth in Schools*, 2012

Choose Most

Foods and drinks in the “choose most” category can be consumed daily, in appropriate amounts and portion sizes. These foods are recommended as healthy choices in *Canada’s food guide* or *Eating Well with Canada’s Food Guide - First Nations, Inuit and Métis* and have little or no added sugar, fat or sodium (salt).