

→ **Lesson 1: Drink Detective** ..... 20

**Sugar Shocker** ..... 21

**Drink Check** ..... 22

**Drink Diary** ..... 24

**Resources** ..... 27

**Overhead 1: Sugary Drink Examples**

**Teacher Resource 23: What Size Is Your Drink?**

**Overhead 2: *Sip Smart! BC™* Drink Diary Example**

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

**Teacher Assessment Tool: *Sip Smart! BC™* Drink Diary**

**Teacher Resource 25: *Sip Smart! BC™* Factsheet**

→ **Note to Teachers:** Overheads can also be idea-starters for drawing your own visuals. Resources are also available online at [www.sipsmart.ca](http://www.sipsmart.ca), click “Teachers” and then “Quick Prints”.



# Lesson 1 Drink Detective

## Key Messages

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

## Objectives

- To engage the students in thinking about sugary drinks.
- To recall drinks that students have consumed in different situations.
- To recall at least some of the drinks consumed in a 24-hour period..

## Activity Overview

### Level 1:

Sugar Shocker	5 minutes
Drink Check	15 minutes
Drink Diary	20 minutes

**40 minutes**

### Level 2:

Sugar Shocker	5 minutes
Drink Check	10 minutes
Drink Diary	15 minutes

**Total 30 minutes**

Help your  
students become  
**Drink Detectives!**



# Activity 1. Sugar Shocker (5 mins)

## Key Messages

- Knowing what is in drinks helps us to make healthy choices.

## Objectives

- To engage the students in thinking about sugary drinks.

## Preparation

You need:

- *optional*: 1.2 kg sugar package
- 250 mL cup/glass

## Activity

Level 1 and Level 2

1) Show students 1.2 kg of real sugar (*optional*).

**Q1.** How many cans of pop do you have to drink to add up to 1.2 kg of sugar? (Let them guess)

**A1.** 30 cans

2) Show students 1 regular size can of pop (355 mL).

**Q2.** What if you drink 1 can of pop each day? (Work with the students on the calculation)

**A2.** 1 can of pop = 10 cubes of sugar

1 can/day x 1 month = 300 cubes of sugar

1 sugar cube = 4 g

300 cubes of sugar x 4 grams = 1.2 kg real sugar

3) Show students an empty cup or glass (250 mL).

**Q3.** How many cups of fluid should we drink each day to stay healthy? (Let them guess)

**A3.** About 8 cups of fluid

4) Show students a sugar cube and/or teaspoon of sugar.

**Q4.** What is the maximum amount of sugar, added and naturally present in fruit juice, a student your age should eat or drink in a day? (including drinks and food)? (Let them guess)

**A4.** No more than 13 sugar cubes and/or teaspoons of sugar. This is about 50 grams of sugar.

5) Introduce the **Sip Smart! BC™** program:

**Sip Smart! BC™** is a program that teaches you about healthy drink choices!

The program will help you to “sip smart”.

## Activity Tips

Sugary drinks are beverages with high amounts of sugar.

The maximum amount of added sugar a student should have in a day is a tricky topic. Please read the Backgrounder: *Sugar* (page 112).

## The Punchline!

People can do different things to help keep their bodies and minds healthy. Choosing healthy drinks can be one of those things.

## 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.

# Activity 3. Drink Diary (15-20 mins)

## Key Messages

- Knowing what is in drinks helps us to make healthy choices.

## Objectives

- To recall at least some of the drinks consumed in a 24-hour period.

## Preparation

- Copy Handout 13: **Sip Smart! BC™ Drink Diary** for each student.
- Make overhead transparency of Overhead 2: **Sip Smart! BC™ Drink Diary – Example**.
- Review Backgrounder: *Sports Drinks and Energy Drinks* (pages 115 and 116).
- Review Backgrounder: **Sip Smart! BC™ Drink Diary** (page 119).
- Review Assessment Tool: **Sip Smart! BC™ Drink Diary**.
- Print class set of **Sip Smart! BC™ Factsheet**.

Gets students thinking about time period.

Number of drinks is important too.

Containers trigger students' memory.

Drink sizes are very important!

**SIP SMART! BC™ DRINK DIARY**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Did you have anything to eat or drink?

**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?
	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	

**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?
	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	

Did you have drinks from the water fountain?  Yes  No

**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?
	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	<input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL	

## Activity

### Level 1 and Level 2

- Explain to the students how to fill in the **Sip Smart! BC™ Drink Diary** correctly by using the drinks you had the previous day, and write them down on Overhead 2: **Sip Smart! BC™ Drink Diary – Example**.
- Note the need to record the number and size of each drink type consumed at one time (see fourth bullet).
- Note that there are 3 sections in the **Sip Smart! BC™ Drink Diary**, 1 for the time period before school, 1 for while at school and 1 for after school.
- Prompt students to recall the time sequences (before, at and after school) of the previous day.
- Then distribute Handout 13: **Sip Smart! BC™ Drink Diary** to each student.
- Have students fill in each section. Cue students with questions about each time period. For example:
  - After school?
  - How did you travel home from school?
  - Were you watching TV?
  - On the computer?
- Collect the **Sip Smart! BC™ Drink Diaries** and use the *Drink Diary Calculator* to calculate the results of the survey before the next lesson.

## Home Connection

We recommend distributing the **Sip Smart! BC™ Factsheet** after Lesson 1. The factsheet is available online in 10 languages.

## Activity Tips

Please also review Backgrounder: **Sip Smart! BC™ Drink Diary** before beginning this activity.

**The Drink Diary Activity follows Activity 2: Drink Check. If you choose to do the Sip Smart! BC™ Drink Diary without first doing Activity 2, please read through that activity carefully in order to better explain the instructions to the students.**

The **Sip Smart! BC™ Drink Diary** was designed by professional evaluators.

To raise students' awareness about drinking habits, we recommend that students complete 3 **Sip Smart! BC™ Drink Diaries** over the course of the project (in Lesson 1, in/after Lesson 2, in/after Lesson 3).

Working through the **Sip Smart! BC™ Drink Diary** together the first time ensures that students understand the concepts of types of containers, drink portion size and quantity of portions. There are 2 ways to do this; and for consistency of responses, choose 1 method or the other:

### **Sip Smart! BC™ Drink Diary Method #1:**

Do the first **Sip Smart! BC™ Drink Diary** together as a class on a Tuesday, Wednesday, Thursday or Friday, recalling the drinks they had the day before. Mondays are a difficult day to attempt this exercise as students' drink choices may not be typical of those consumed on weekdays and students often have more difficulty recalling a weekend day. For subsequent **Sip Smart! BC™ Drink Diaries**, students can fill in the parts of the **Sip Smart! BC™ Drink Diary** as a recall.

### **Sip Smart! BC™ Drink Diary Method #2:**

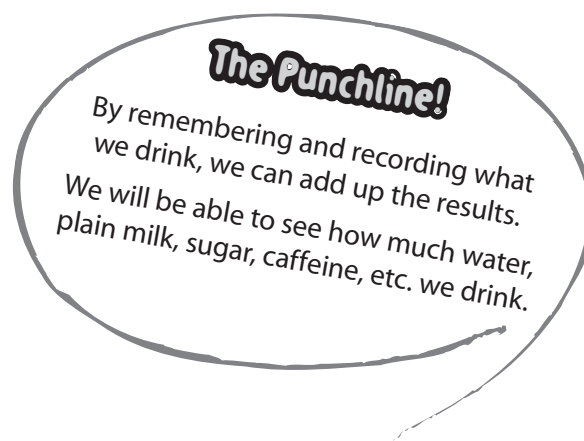
Do the **Sip Smart! BC™ Drink Diary** throughout the day. For example, early in the day, ask students to fill in what they had to drink that morning. After lunch, ask students to fill in what they had to drink with their meal, and ask students to fill it in again at home, before they go to bed. Have them hand in the **Sip Smart! BC™ Drink Diaries** the next morning.

**The Sip Smart! BC™ Drink Diary Calculator (“Drink Diary Calculator”) makes it easy to summarize class results!**

- Visit the **Sip Smart! BC™** website (Teacher section) and download the *Drink Diary Calculator* or print the *Drink Diary Calculator*.
- Enter results of students' **Sip Smart! BC™ Drink Diaries** into the *Drink Diary Calculator*.
- Once you enter the student reports into the downloadable *Drink Diary Calculator*, the summary information requested for Overhead 3: *Drink Report* and Overhead 8: *Caffeine Report* is automatically calculated for you!

We have reserved 5 minutes in Lessons 2, 3 and 4 to report back the results of the **Sip Smart! BC™ Drink Diaries** using Overhead 3: *Drink Report*. The required time for this report will vary depending on allotted time for discussion.

It is recommended that you use the Assessment Tool for the third **Sip Smart! BC™ Drink Diary**.



## → Resources Lesson 1

- **Note to Teachers:** Overheads can also be idea-starters for drawing your own visuals. Resources are also available online at [www.sipsmart.ca](http://www.sipsmart.ca), click "Teachers" and then "Quick Prints".



# 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

# SIP SMART! BC™ WHAT SIZE IS YOUR DRINK?



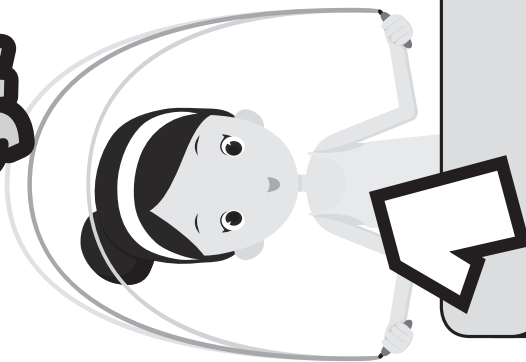
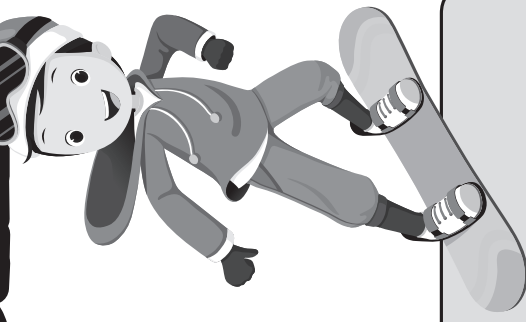
XS (Extra Small) = 125 mL • S (Small) = 250 mL • M (Medium) = 355 mL • L (Large) = 473 mL • XL (Extra Large) = 1 Litre

The Sip Smart! BC™ logo is a trademark of the BC Government. The BC Government logo and the BC Government logo are trademarks of the BC Government.



# SIP SMART! BC™ DRINK DIARY

## EXAMPLE



Name \_\_\_\_\_ Date \_\_\_\_\_

**Did you have anything to eat or drink:**

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	
							S M L XL	

# SIP SMART! BC™ DRINK DIARY



Name \_\_\_\_\_ Date \_\_\_\_\_



**Did you have anything to eat or drink:**

**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	



**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



**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	

**Teacher Assessment Tool**  
 → **Sip Smart! BC™ Drink Diary**

**Level 1 and Level 2**

Name: \_\_\_\_\_

	<b>Always (2 pts.)</b>	<b>Sometimes (1 pt.)</b>	<b>Never (0 pt.)</b>
Checks off food intake			
Checks off drink intake			
States specific drink category			
Circles type of container			
Circles size of drinks			
States number of drinks			
<b>Score</b>	_____ / 12		



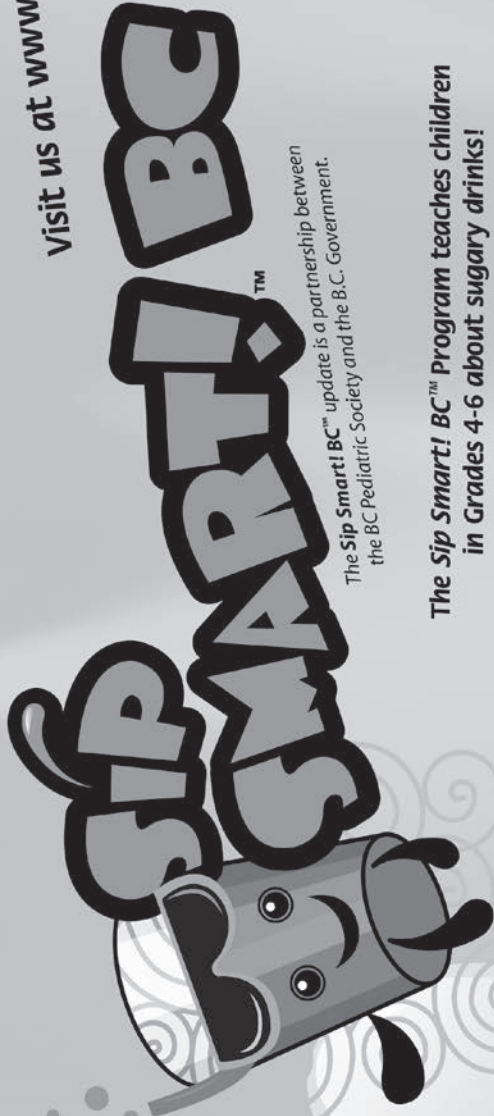
**Teacher Assessment Tool**  
 → **Sip Smart! BC™ Drink Diary**

**Level 1 and Level 2**

Name: \_\_\_\_\_

	<b>Always (2 pts.)</b>	<b>Sometimes (1 pt.)</b>	<b>Never (0 pt.)</b>
Checks off food intake			
Checks off drink intake			
States specific drink category			
Circles type of container			
Circles size of drinks			
States number of drinks			
<b>Score</b>	_____ / 12		

Visit us at [www.bcpeds.ca](http://www.bcpeds.ca)



The Sip Smart! BC™ update is a partnership between the BC Pediatric Society and the B.C. Government.

### The Sip Smart! BC™ Program teaches children in Grades 4-6 about sugary drinks!

Why is Sip Smart! BC™ important to you and your children?

- Sugary drinks are everywhere. Fruit juice, pop, fruit "punch", sport drinks and many other drinks have high amounts of sugar. Too much sugar is not good for your child's health.
- The extra calories in sugary drinks can add up quickly. This can lead to an unhealthy weight, putting your child at higher risk of high blood pressure, heart disease and type 2 diabetes.
- Healthy foods and drinks build a body that is just right for your child.
  - Healthy children learn better.
  - Healthy children perform better at school and socially.
  - Healthy children have more energy to be physically active.

Healthy drink choices will help build and maintain a healthy body today, and build a strong body that is fit for a lifetime. Help your child to Sip Smart!

**water is always a great choice!**

### Tips for making the healthy choice, the easy choice!

- Keep a jug of chilled water in the refrigerator — especially in the summer!
- To help your child drink less sugar,
  - Buy smaller sizes of sugary drinks.
  - Pour smaller servings.
- Serve drinks from the "Choose Most" list below more often.

#### Choose Most

Water  
Plain milk/  
unsweetened fortified plant-based beverage

#### Choose Sometimes

Reduced sugar flavoured milk/  
fortified plant-based beverage

#### Choose Least or Not at All

100% juice (vegetable, fruit or combination)  
Sweetened milk/fortified plant-based beverage

Fruit drinks

Pop or diet pop, sports drinks and energy drinks

Regular flavored milk/fortified plant-based beverage

Other sugary drinks

(For example: iced tea, slushy, bubble tea, vitamin-enhanced water, store-bought smoothie)

