

SIP SMART! BC™ DRINK DIARY



Name _____ Date _____

Did you have anything to eat or drink:





















Before school?

I had something to eat
I had something to drink

☐ Yes
☐ Yes (fill in table below)

☐ No
☐ 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	



























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

I had something to eat
I had something to drink

☐ Yes
☐ Yes (fill in table below)

☐ No
☐ 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	
	     	S M L XL	
Did you have drinks from the water fountain? <input type="checkbox"/> Yes <input type="checkbox"/> 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
I had something to drink

☐ Yes
☐ Yes (fill in table below)

☐ No
☐ 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	
	     	S M L XL	

SIP SMART! BC THE SCOOP ON SUGAR!

Name _____

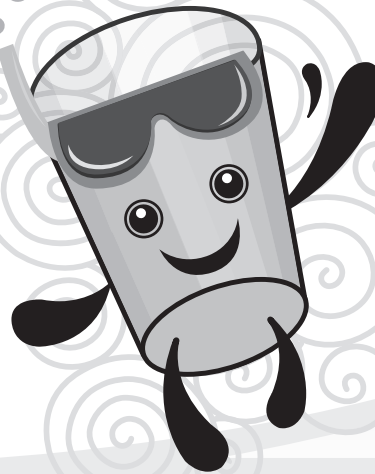
Date _____

Which are Sugary Drinks?

Circle all the sugary drinks:

plain milk	root beer	water
strawberry soy beverage	chocolate milk	ginger ale
fruit punch	cola	club soda
orange juice	grape cocktail	energy drink
100% unsweetened		

Drink water - it's always a great choice!



Hidden Sugar

In the puzzle below, find and circle the different words for sugar!

L	F	R	U	C	T	O	S	E	M
D	P	E	I	M	E	Y	S	K	H
R	M	T	Y	O	F	V	R	L	O
U	A	R	H	L	D	N	T	G	N
E	L	F	G	A	J	L	V	F	E
W	T	S	G	S	P	P	S	H	Y
C	O	R	N	S	Y	R	U	P	G
U	S	S	U	E	K	Z	C	E	I
P	E	Q	D	S	U	V	R	R	H
Y	Q	W	L	L	R	I	O	T	F
E	U	I	B	N	U	L	S	M	Y
D	E	X	T	R	O	S	E	O	E
M	M	L	B	M	H	K	L	T	T

Hints:

- 7 words are hidden!
- watch for words ending in "ose"

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CHECK THE CAFFEINE!

Name _____

Date _____

Drink	Serving size (mL)	Caffeine (mg)
Hot Chocolate	300 mL	8 mg
Cola	355 mL	40 mg
Iced tea	355 mL	25 mg
Root beer	355 mL	40 mg
Energy drink	500 mL	160 mg
Coffee (regular)	350 mL	186 mg
Coffee (decaf)	350 mL	4 mg
Iced coffee	500 mL	115 mg
Black or green tea	250 mL	30 mg
Tea (decaf)	240 mL	1 mg

How much caffeine did Tom drink?

Iced tea _____ mg
 Iced coffee + _____ mg
 Energy drink + _____ mg
 TOTAL = _____ mg

What is the maximum amount of caffeine that students can safely have in one day?

→ Age 7 to 12 years: _____ mg



Circle or highlight the drinks that you've tried before!

SIP SMART! BCTM

OBSERVATIONS OF "TOOTH" EXPERIMENT

Name: _____

Drink being observed: _____

Use your senses to observe your "tooth". What does it look like? What colour is it? How big is it? What does it feel like? How does it smell?

➡ FIRST OBSERVATION:

What I observe: _____

Drawing of "tooth" before the experiment:

Hypothesis:

Based on what I know, I think...

➡ FINAL OBSERVATION:

What I observe: _____

Drawing of "tooth" after the experiment:

Conclusion:

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CHECK THE LABEL FIRST!

Name _____

Date _____

Read the ORANGE BLAST label!

Nutrition Facts

Per 1 bottle (355 mL)

Amount	% Daily Value
Calories 184	
Fat 0 g	0 %
Saturated 0 g	
+ Trans 0 g	0 %
Cholesterol 0 mg	0 %
Sodium 170 mg	7 %
Carbohydrate 41 g	14 %
Fibre 0 g	0 %
Sugars 38 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 70 %
Calcium 0 %	Iron 0 %

Ingredients

- filtered water
- sugar / glucose-fructose
- concentrated fruit juice (orange, lime)
- citric acid
- vegetable oil
- ascorbic acid (vitamin C)
- artificial flavour
- colour
- caffeine



1) Which ingredients did you not expect in a refreshing and fruity drink?

2) Does the message of the ad match the ingredient list?



Name _____
Date _____

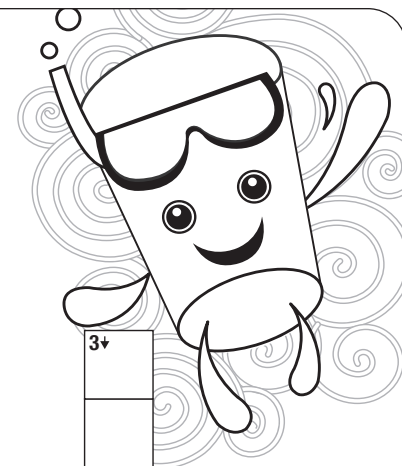
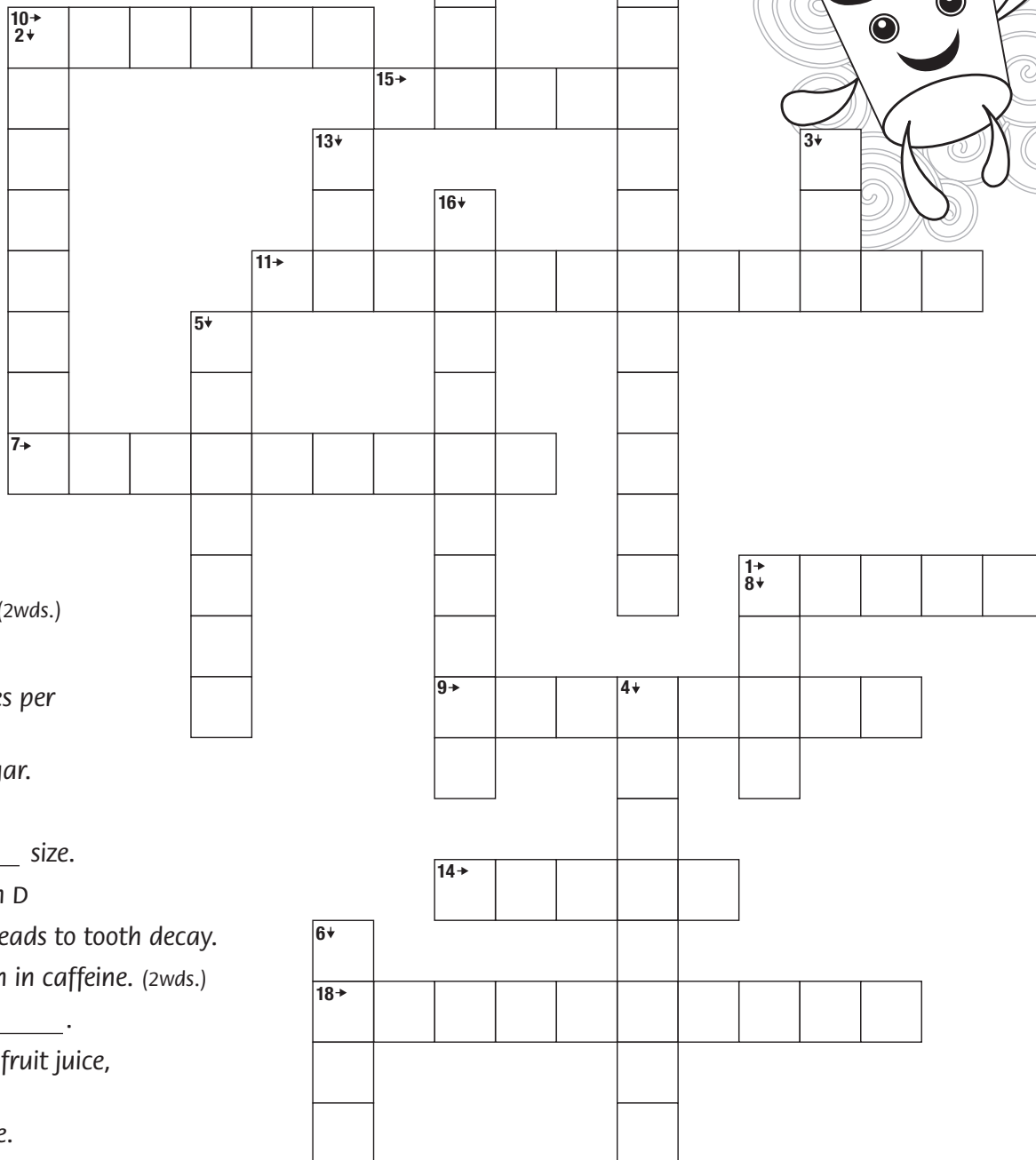
All the answers can be found somewhere in your Sip Smart! BC booklet! (Clues progress from front to back)

ACROSS

1. Instead of drinking sugary apple juice, enjoy eating a fresh _____.
7. Healthy drink choices have lots of _____.
9. An addictive stimulant that can affect the way a child feels.
10. Number of milligrams (mg) of caffeine in 1 cup of black tea.
11. Drinks that contain sugar and were designed to keep professional athletes hydrated. (2wds.)
14. A drink made from fruit that sounds healthy but is still a sugary drink.
15. Name of a drink that is always a great choice.
18. Find the drink which has 20 sugar cubes per 500mL cup. (2wds.)

DOWN

2. Find the recommended maximum amount of sugar cubes per day for a 9-13 year old girl.
3. Find the number of sugar cubes equal to 40 grams of sugar.
4. One of the many different names for sugar.
5. Read labels carefully and double-check the _____ size.
6. A drink that provides you with some calcium and vitamin D
8. Bacteria + sugar in sugary drinks = _____, which leads to tooth decay.
12. Drinks that have as much sugar as pop and are very high in caffeine. (2wds.)
13. This sugary drink is sometimes called a soft drink or _____.
16. A type of drink that may only contain a small amount of fruit juice, plus added sugar and chemicals. (2wds.)
17. Find the drink which has 17 sugar cubes in a 591mL bottle.



A black and white line drawing of a smiling cartoon character with a large, rounded head, wearing goggles and a snorkel, surrounded by bubbles and stylized waves. The character has a friendly expression with large eyes and a wide smile. The background features several concentric circles and swirls, suggesting water or a bubbly environment. The overall style is simple and playful, suitable for a children's book or a fun illustration.

