



# KINDERGARTEN

## LESSON: The Difference in your Drink

### SC STANDARD: Literacy Standards



It's your world.

## THE DIFFERENCE IN YOUR DRINK

### OBJECTIVES:

- Understand how to locate sugar content on a food label
- Understand the benefits of choosing healthy drinks over sugar-filled drinks

### LET'S GET STARTED! (10 MINUTES):

- Explain how to find sugar on a food label
- Discuss why sugary drinks are not healthy and encourage choosing water or milk instead of sugary drinks

### STORY (15 MINUTES):

- Use the sugar subtraction worksheet to practice addition and subtraction

### WRAPPING UP (5 MINUTES):

- Review harmful effects of sugary drinks and encourage healthier drink choices

## LET'S GET STARTED!

- This week we are going to talk healthy and unhealthy beverages. Ask students what some of their favorite drinks are. Explain that some drinks have a lot of sugar in them and discuss the effects sugary drinks can have on their health.

### DIALOGUE BOX

- Today we are going to talk about the things you drink. What are some of your favorite drinks?
- Just like there are Go, Slow, and Whoa foods, there are also Go, Slow, and Whoa drinks. Some are healthy and good for you, but others are not and should only be drunk in moderation. Drinks like soda, sports drinks, flavored milk, and even fruit juice are NOT Go drinks because they have so much sugar! Can anyone think of why you wouldn't want to drink so much sugar?
- Sugar gives you instant energy, but too much sugar is not good for your health. It can cause cavities, stomachaches, weight gain, and can be harmful to your heart.
- Most sugary drinks are Whoa drinks, so you don't want to drink them very often. Can anyone think of some Go drinks that would be better choices? (water, skim milk)
- Explain how to use a food label to find out how much sugar is in something

### DIALOGUE BOX

- You can find out how much sugar is in something by looking at the food label. Packaged foods and drinks all have food labels that give you information about what is in them.
- You can find an area labeled "Sugar" on every food label, and it will tell you how many grams of sugar are in a serving of whatever you are about to eat or drink.
- Distribute the How to Read a Food Label handout and ask the students to find the amount of sugar that each item contains. Discuss the handout as a class.
- Explain that sugary drinks contribute nothing to health and are mostly empty calories. Use the Sugar Equivalent sheet as a visual.

### DIALOGUE BOX

- Sugary drinks are mostly just sugar, they don't have the vitamins and nutrients that help your body grow and be healthy.
- Water and milk are better choices than sugary sodas and juices because they help keep you healthy. Your body needs water to function properly, and milk has calcium and vitamin D that helps build strong bones and teeth.
- You are only supposed to have about 40 grams of sugar every day. One soda has almost a whole day's worth of sugar in it!
- You get a lot of sugar from the foods you eat, too. If you drink one soda, that's like eating 12 chocolate chip cookies! Or two bowls of ice cream! One little can of soda has the same amount of sugar as 80 strawberries!



- Explain that sugary beverages contribute a lot of sugar and calories to daily intake. Introduce the Sugary Drink Consumption graph and compare the sugar consumption in different countries.

## DIALOGUE BOX

- Drinks like soda, juice, and sports drinks have a lot of sugar and calories without the other health benefits you get when you eat nutritious foods. Eating healthy and cutting down on sugary drinks is the best way to keep your body healthy.
- Here is a graph that shows the amount of sugary drink consumption in different countries all over the world. It shows how many drinks one person in that country consumes in only one year!
- How many sugary drinks does the average American consume every year? (About 400)
- Which country drinks the most? (Mexico; about 700)
- Which country drinks the least? (Italy; about 150)
- Ask if students are surprised at how many sugary drinks the average person consumes in a year. Do they think they drink this many?

## STORY

- Read the story about Boss learning the difference in drinks

### Boss Learns the Differences in Drinks

On a Saturday afternoon after a hard week of school, Boss and his friends went over to their friend's house for a party. They were so excited to celebrate and play games together. They arrived right on time and set their presents down on the table outside by the pool where all of the other Presents were, then walked around chatting with all of their friends. He party was actually a pool party, which was perfect since it was hot outside. They all swam and played pool games for about an hour and they began to get quite thirsty from all of the activity. They all got out of the pool to dry off so that they could go inside to grab something to drink! When they got inside Boss noticed that they had all types of drunk; they had soda, diet soda, sports drinks, fruit juice, and some bottles of water. They even had the red sports drink, which is Boss' favorite! He loves red sports drinks so much that he poured a huge cup of it just for himself! He noticed his friends were all grabbing the water bottles and he asked, "Do any of you want any of these other drinks? These drinks taste better than water!" Boss' friends replied,

"Yes those drinks taste better, but they are not very healthy for you! The only reason they taste good is because they have a lot of sugar in them that makes them taste good to you! Water does not have any sugar at all which is really healthy for you body!" Boss asked, "Well, even though they have sugar, they do not have that much sugar, right? One soda or one sports drink won't hurt will it?" His friends listened and answered by saying, "It does not hurt to have one every now and then, but think of it this way. One can of soda can have as much as 40 grams of sugar in it! Did you know that someone our age is only supposed to have about 40 grams of sugar per day?! So if you drank a can of soda, you pretty much have had all the sugar you are allowed to have in one day just by drinking that one soda!" Boss was shocked! He had no idea that just one soda or sports drink was a huge portion of the sugar you are supposed to have in one single day! He replied, "Oh my! I had no idea that drinks like this can have that much sugar in them! That really makes me want the water bottle instead! Having that much sugar must not be very good for your body either! I am very glad you told me about these drinks!" So Boss and friends all went back outside where they say on the edge of the pool, put their feet in the water, and drank their water until it was time for lunch! Now that Boss knows how unhealthy those sugary drinks are, he drank water for the rest of the day and promised his friends he would try to replace his favorite sports drinks with a bottle of water form now on!

## WRAPPING UP

- Point out how drinks high in sugar can use up a large amount of their daily sugar allowance. They probably consume more sugar in beverages than they realize!
- Remind students that water and skim milk are better choices because they do much more to contribute to good health!