**Think Before You Drink!**

Adaptable for grades 1 -5

**Learning Objectives:**

Students will be able to identify healthy and unhealthy drink choices

Students will be able to read and decode nutrition labels

Students will be able to compare sugars in different types of drinks

Students will be able to communicate their findings with their peers

**Materials Needed:**

Variety of soft drinks in cans (at least 4)

Small bottle of milk

Small bottle of juice

Cup of water

Sugar (packets or cubes will work best)

Clear mason jars

**Procedure:**

1. Set all drinks out on display with clear mason jars in front of them. Have students guess which drinks will have the most sugar. Each student should rate the drinks 1-6 (or however many drinks there) are in the order they believe to be most to least sugar.
2. Fill the mason jars with the actual amount of sugar in each drink. Take student comments on any surprises or new information.
3. Show students the nutrition labels on each beverage. Go over the important information for them to look for when making choices. Display a nutrition label on the overhead projector or smart board. Help students to identify the following key components:
   1. Serving Size – are they typically consuming one serving size? Or more?
   2. Calories
   3. Ingredients list
   4. Sugars – are they surprised at how much sugar is in some of these drinks?

\*\*Note – older students may be able to identify more components. Adapt amount based on student age and ability\*\*

1. Have students graph the amount of sugars in each drink using a bar graph. Students can work independently or in pairs to complete the graph (younger students can work as a group while teacher helps construct graph).
2. Once graphing is complete, have students rate the drinks in order of most to least healthy using their new knowledge of sugar and nutrition labeling.

**Assessment:**

Use student participation as an informal assessment tool. Have students hand in graphs and healthy drink ratings as a final assessment.