

Drink Choices!

Learning Goal:

The goal of this lesson is to inform children about how to make healthier choices in their beverage selection.

Learning Objectives:

At the end of this class, students should be able to:

- 1) State the health differences between whole and skim milk
- 2) Find the percentage of real fruit juice on a beverage label
- 3) Describe the benefits of choosing water, milk, or fruit juice over soda.

Instructional Strategy:

- 1) Instructor will introduce the concept of healthy drink choices.
- 2) Ask children what they like to drink with their meals. Write down answers on a white board in a chart style. To further relate drink choices to their lives, ask them what types of drinks they can choose from in the cafeteria.
- 3) Now take each answer and describe it to the students. Draw lines off of the word "milk" on the board to further describe their options. Write down "skim milk," "1%," "2%" and "whole" milk. Talk to them about how the higher the percentage on the milk, the more fat and calories it contains.
- 4) Use the board to further describe juices. Write down different forms of juices and talk about the percentage of juice in these drinks and why it is important to pick drinks with a higher percentage of juice.
- 5) Now talk about soda. Indicate on the board that soda is the worst option for a drink choice because of the high amount of sugar and calories, the artificial ingredients, the caffeine, and the lack of nutrients. Tell students that they need to limit their soda intake to be healthy.

** For longer lessons, give students worksheet of chart to have them copy down the board notes.

- 6) Divide into groups for a taste test!
- 7) Each instructor will have 3 different types of milk, and a variety of different fruit juices. Pour the milk into small paper cups, before the children arrive in their groups. The children will not know what type of milk they are drinking. Have them try each kind and guess if it is whole, 2%, or skim. Discuss with them how they know, and reiterate the previous information about calories and fat by asking them questions like: "which of these milks has more fat?"

Next have them try the fruit juices. Use examples such as koolaid, 10% juice minutemaid, and a 100% juice like Tropicana. Make sure the juices that you pick are all the same color. Pour the juices into small paper cups again, and ask the children to guess which beverage has the highest percentage of juice. Reiterate to them with questions about why the higher percentage of juice is more nutritious for them.

Materials:

- 1) Several boxes of small paper or plastic cups.
- 2) Whole, skim and 2% milk.
- 3) Three types of juices with varying percentages of fruit juice in them (same color/flavor of juice)
- 4) White board and board markers
- 5) Worksheet of chart for board notes (longer lessons)