



# Attention educators!

BrightBites is an online program that helps you boost school nutrition by earning fun, easy badges!

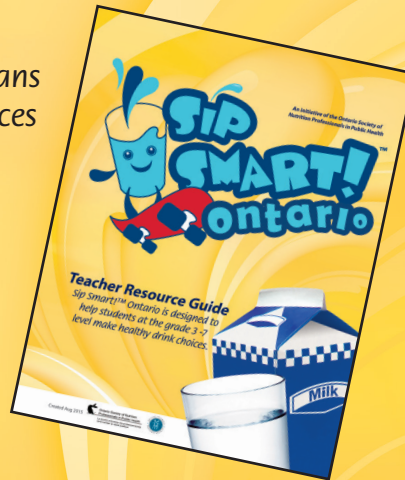
To link your literacy, numeracy and health teaching, Sip Smart!™ Ontario is the badge for you!

### Sip Smart!™ Ontario

- Helps grades 3 to 7 children learn about making healthy drink choices
- Offers:
  - ◆ Curriculum-based lesson plans
  - ◆ Teacher and student resources
  - ◆ Posters, parent booklet and more!

Check out Sip Smart!™ Ontario  
[www.brightbites.ca](http://www.brightbites.ca)

For more information:



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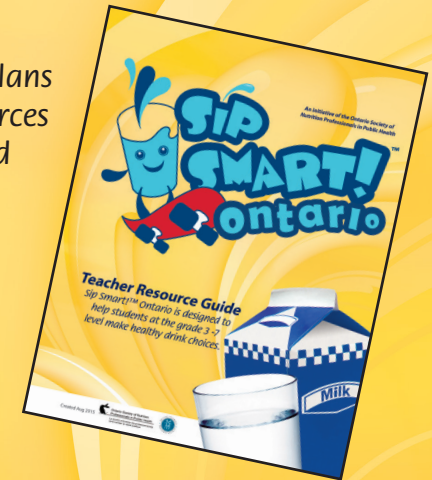
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# Sneak peek... Sugar shocker

Knowing what is in drinks helps us to make healthy choices!

## Materials

- Empty beverage containers (8-10 different kinds)
- 1.2 kg bag of sugar or 500 g box of sugar cubes
- Zipper snack bags, plastic spice jars or other clear containers
- Teaspoon or food scale
- Stick-on labels
- Plastic tablecloth (optional)
- Construction paper or cardstock (optional)

## Activity

- Collect empty, clean and dry beverage containers – sports/energy drinks, pop/cola, iced tea, fruit cocktails, vitamin water, etc.
- Show students a sugar cube or one teaspoon (tsp) (5mL) of sugar.
  - ◆ 4 grams sugar = 1 tsp = 5 mL = 1 cube sugar
- Ask students to:
  - ◆ Check the Nutrition Facts Table on each beverage.
  - ◆ Calculate the total number of sugar cubes or tsp of sugar.
  - ◆ Measure or weigh the correct amount of sugar for each beverage and place into bags or containers. Label and display with the empty beverage container.
  - ◆ Create customized tent cards for each beverage on display.
  - ◆ Use the display at school events. Post a picture to your social media accounts.

Earn the Sip Smart!™ Ontario Badge at [www.brightbites.ca](http://www.brightbites.ca)

Take the pledge to sip less sugar at [www.waterdoeswonders.ca](http://www.waterdoeswonders.ca)

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