



Attention educators!

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

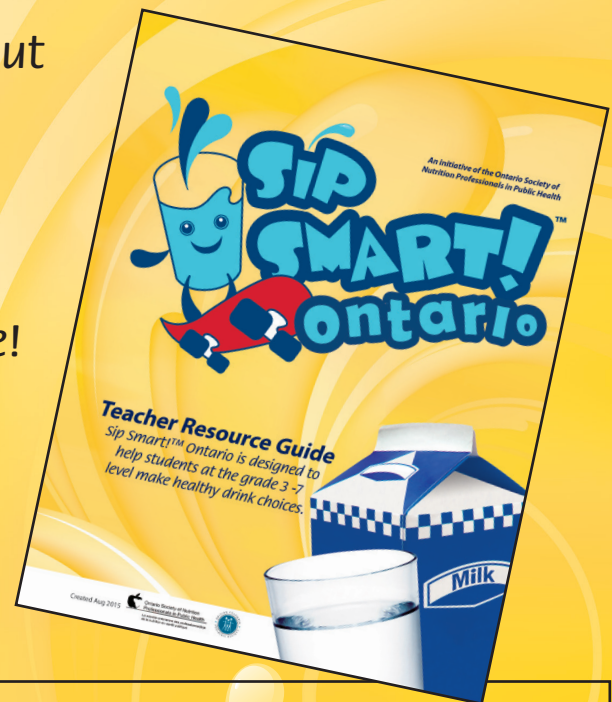
To link your literacy, numeracy and health teaching, Sip Smart!™ Ontario is the badge for you!

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

For more information:



Ontario Society of Nutrition
Professionals in Public Health

La société ontarienne des professionnel(le)s
de la nutrition en santé publique

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

Take the pledge to sip less sugar at www.waterdoeswonders.ca