

An initiative of the Ontario Society of  
Nutrition Professionals in Public Health



## **Teacher Resource Guide**

*Sip Smart!™ Ontario is designed to help  
students at the grade 3 -7 level make  
healthy drink choices.*



Ontario Society of Nutrition  
Professionals in Public Health  
La société ontarienne des professionne(l)es  
de la nutrition en santé publique



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# → Teacher Resource Guide

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## Welcome to the Teacher Resource Guide for Sip Smart!™ Ontario

Sugary drinks are everywhere. Pop, fruit ‘punch’, sports and energy drinks, and many other beverages have a lot of added sugar. Too much sugar is not good for a child’s health. It can cause serious dental problems and take the place of more nutritious foods. The extra calories in sugary drinks can add up quickly. This can lead to an unhealthy weight, putting a child at higher risk for high blood pressure, heart disease, diabetes and cancer.

As a teacher, you are in a unique position to educate students about healthy food and drinks as part of the Ontario Health and Physical Education Curriculum, 2015 (revised). You can support student learning about healthy drink choices that can help them build and maintain a healthy body today and for a lifetime. The lesson plan activities (for grades 3 to 7) are fun and encourage students to think about and to make healthy drink choices.

Parents and caregivers are key to reinforcing healthy eating messages in the home, as are school community members who can integrate key messages of Sip Smart!™ Ontario into activities outside of the classroom. Taking this ‘whole school’ approach to promoting healthy eating is vital to support students in making healthy drink choices. Sip Smart!™ Ontario offers tools and resources for parents and school community members to help children replace sugary drinks with healthier choices.

Children and families spend time outside home and school, in arenas, grocery stores, sporting events, and child care facilities. Sip Smart!™ Ontario offers resources to support students to take action on their drink choices in community settings, tying the learning back to the classroom education.

The original Sip Smart!™ program was created and developed by the BC Pediatric Society and the Heart and Stroke Foundation with funding from the BC Healthy Living Alliance. The Ontario Society of Nutrition Professionals in Public Health would like to extend our thanks to the BC Pediatric Society and the Heart and Stroke Foundation for allowing the usage of the Sip Smart! BC™ program. We extend special thanks to Pat Zellinsky, Project Manager, Sip Smart! BC™ for her guidance and generous support to help us adapt the program for Ontario.



Healthy children  
learn better, perform  
better academically  
and socially, and have  
more energy to be  
physically active.



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# → Introduction

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## **Sip Smart!™ Ontario**

We all know that physical activity and healthy eating are essential parts of healthy living. What is less commonly known is that what we drink also has a major impact on our health. Child health experts believe, for instance, that reducing the consumption of sugary drinks (that is, drinks that contain added sugars) is a key strategy in curbing the rising rates of childhood obesity.

**Sip Smart!™ Ontario** aims to provide Grade 3 to 7 school children in Ontario with the knowledge and skills they need to make healthy drink choices, and raise awareness of the negative health effects associated with the consumption of sugary drinks.

**Sip Smart!™ Ontario** is an adaptation of Sip Smart! BC™, an interactive classroom-based program originally developed by the BC Pediatric Society and the Heart and Stroke Foundation. It has been adapted to meet the best practice and curriculum standards of Ontario by Registered Dietitians, members of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), working in public health units/departments across Ontario.

**Sip Smart!™ Ontario** lessons included in this Teacher Resource Guide reflect prescribed learning outcomes for the Health and Physical Education curriculum for grades 3 to 7 and also touch on other curriculum areas such as Science.

**Sip Smart!™ Ontario** recognizes and values the important role parents and caregivers play in a child's food and drink choices. The **Sip Smart!™ Ontario** Booklet, which contains information and tips about sugary drinks, helps families to help children make wise drink choices.

With its unique focus on student drink choices, **Sip Smart!™ Ontario** fills an important niche in school nutrition education. It fits well into the Foundations for a Healthy School model from the Ontario Ministry of Education that is practiced in many Ontario schools. Reducing intake of sugary drinks aligns with recommendations made by the Healthy Kids Panel in the report *No Time to Wait: The Healthy Kids Strategy*.<sup>1</sup>

The **Sip Smart!™ Ontario** Teacher Resource Guide complements existing healthy eating and physical activity learning resources. The guide contains fun and innovative extension activities so that students learning about healthy drink choices can extend their knowledge beyond the classroom and into the whole school, home, and community.

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<sup>1</sup> Available from:

[http://www.health.gov.on.ca/en/common/ministry/publications/reports/healthy\\_kids/healthy\\_kids.pdf](http://www.health.gov.on.ca/en/common/ministry/publications/reports/healthy_kids/healthy_kids.pdf)

We hope  
you and your students  
enjoy learning to  
**Sip Smart!**



# Organization of Content

The **Teacher Resource Guide (TRG)** includes just about everything you need to teach Sip Smart!™ Ontario in approximately three hours (depending on the needs of your students and how much time you allot for classroom discussion). This section introduces the resources included in subsequent sections of this document to support your work.

## Overview

The Sip Smart!™ Ontario Program is designed for grades 3 to 7. The lesson overview shows how the program has been structured to work for two levels: grades 3, 4, and 5; and, grades 6 and 7. **Appropriate grade levels are suggested beside the activity header.**

Although key messages about sugary drinks are consistent across the divisions, the activities are different enough that students can participate in the program twice in three years. Intermediate teaching staff can plan the most appropriate way to deliver the lessons based on students' needs, interests, and the Ontario Health and Physical Education Curriculum.

## Lessons

Sip Smart!™ Ontario contains five 40 minute interactive lessons and a series of assessment tools. Although lessons are presented in a recommended order, all activities are designed so that they can also be taught independently.

Sip Smart!™ Ontario is built on nine overarching key messages. Relevant messages are stated at the beginning of each activity. The same message is taught several times throughout the program, in different activities and from different perspectives, reinforcing student learning and retention. See Key Messages in the overview section.

All lessons contain:

- Key messages
- Relevant curriculum expectations
- Learning goals
- Suggested opportunities for assessment
- A list of necessary material
- And lessons which highlight:
  - instructions for the activity
  - 'activity tips'
  - a 'punchline'

Each 'activity tip' provides the most important nutritional and/or instructional facts required for the individual activity. Where knowledge or a resource from earlier activities is required, for example, in the "Tooth" Experiment or the Drink Diary activity, activities are cross-referenced.

The activities in this resource guide assume that students have prior knowledge about *Eating Well with Canada's Food Guide*. However, where this is not the case, teaching the Food Guide as an extension activity just before Lesson 2 works well. Similarly, basic knowledge about label reading is recommended prior to Lesson 2. We suggest using EatRight Ontario ([www.eatrightontario.ca](http://www.eatrightontario.ca) enter "nutrition label" in the search box) and the Government of Canada site to introduce *Eating Well with Canada's Food Guide* (<http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/index-eng.php>)



The Sip Smart!™ Ontario Drink Diary (page 86) is a valuable tool to raise students' awareness about their drinking patterns (and thereby their sugar intake). We therefore recommend that students fill in three Drink Diaries over the course of the program, and that class results are calculated and reported back to students. We strongly recommend that students are assured that their individual intake and sugar totals will not be displayed or shared.

## Backgrounders

Backgrounder documents are located in the section following the lesson plans. It is helpful to scan or read all 'Backgrounders' before starting to teach the program. Each one has valuable information about the sugary drinks you will be discussing.

## Resources

The 'Resources' section provides master copies of all handouts and overheads, along with additional teacher resources. Clear labeling in the 'Activity' sections enables you to easily locate required materials.

## Extensions

Because learning happens over time and with reinforcement, we have provided a few more ideas for teaching students about healthy drink selection in the 'Classroom Extensions' section. Some of these ideas were suggested by teachers participating in early delivery of the program. These may lead you to think of other creative ways to augment the program.

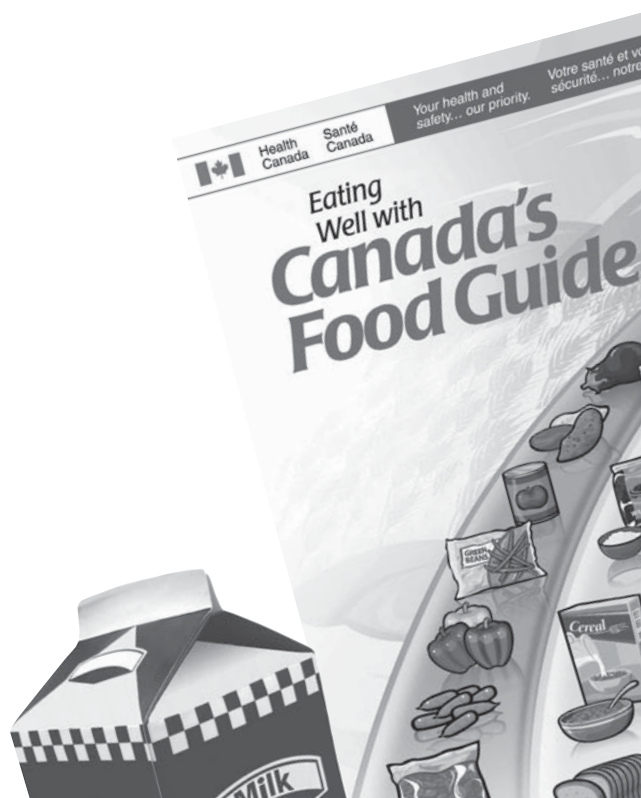
Pages in the 'Extensions' section also include activity ideas to extend learning beyond the classroom to the whole school, home and community. Visit [www.brightbites.ca](http://www.brightbites.ca) for updates on extension activities.

## Online Resources

The Sip Smart!™ Ontario website, [www.brightbites.ca](http://www.brightbites.ca), provides additional valuable learning tools for teachers including:

- A downloadable *Drink Diary Calculator* to calculate the results of the Sip Smart!™ Ontario Drink Diaries.
- Information about downloading the entire Sip Smart!™ Ontario package (Teacher Resource Guide, posters, drink cut-outs, and materials for families).

visit us at  
[www.brightbites.ca](http://www.brightbites.ca)  
for more learning tools



## Acknowledgements

- The original Sip Smart!™ program was created and developed by the BC Pediatric Society and the Heart and Stroke Foundation with funding from the BC Healthy Living Alliance. Ontario Society of Nutrition Professionals in Public Health would like to extend our thanks to the BC Pediatric Society for allowing the usage of the Sip Smart! BC™ program.
- Ontario Society of Nutrition Professionals in Public Health (OSNPPH) is the independent and official voice of Registered Dietitians working in public health in Ontario. The society's mission is to provide a leadership forum and official voice for public health nutrition practice in Ontario. Many public health units have contributed funding, staff time, resources and advice to support the development of this program. In particular, we wish to thank the members listed below for their assistance in the development of Sip Smart!™ Ontario.
- OSNPPH Sip Smart!™ Ontario Current Work Group Members: Karling Draper, RD (Thunder Bay District Health Unit), Lindsay Fera, RD (Algoma Public Health), Carolyn Froats-Emond, RD (Renfrew County and District Health Unit), Paula Ross, RD (Sudbury & District Health Unit), Michelle Saraiva, RD (Haldimand-Norfolk Health Unit), Elizabeth Strachan, RD (Windsor-Essex County Health Unit), Carolyn Tereszowski, RD (Region of Waterloo Public Health and Emergency Services), Marie Traynor, RD (Leeds, Grenville & Lanark District Health Unit).

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- » Nancy Bevilacqua, RD (York Region Community and Health Services)
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- » Sandy Maxwell, RD (Niagara Region Public Health)
  - » Suzanne Neumann, RD (City of Hamilton-Public Health Services)
  - » Lucy Valleau, RD (York Region Community and Health Services)
- OSNPPH would like to thank the Haldimand-Norfolk Health Unit's Communications Services and the Windsor-Essex County Health Unit for the formatting and graphic design of the Sip Smart!™ Ontario resources.