

Lesson 1: Drink Detective

Curriculum Expectations

Health and Physical Education:

Grade 3: 1.1, C1.1

Grade 4: 1.1, C2.1, C3.1

Grade 5: 1.1, C2.1

Grade 6: 1.1, C2.1

Grade 7: 1.1, C3.1

Learning Goals

By the end of this lesson, students will be able to:

- Use self-awareness and self-monitoring skills as they examine the nutritional content of various drinks and personal drink choices in order to make healthier choices.

Facility: Classroom

Time: 40 minutes

Materials

Grades: All

- **Teacher Resources:**
 - Teacher Resource 1: Fruit Juice or Fruit Drink?
 - Teacher Resource 2: Sip Smart!™ Ontario Drink Diary Example
- **Student Resources:**
 - Student Resource 1: Sip Smart!™ Ontario Drink Diary Tracking Sheet
 - Poster 1: Sip Smart!™ Ontario What Size is Your Drink?
 - Drink Cut-outs
 - Drink Diary Calculator
- **Backgrounders:**
 - Sports Drinks
 - Energy Drinks
 - Milk and Flavoured Milk
 - Fruit and Fruit Drinks
- **Assessment Tools:**
 - Assessment Tool 1: Anecdotal Recording Chart
 - Assessment Tool 2: Sip Smart!™ Ontario Drink Diary
- **Optional:**
 - Empty beverage containers
 - Home Connection 1: Sip Smart!™ Ontario Fact Sheet

Shopping List

- 1 – 250 mL (cup) glass
- 1 regular size can of pop (355 mL)
- Optional: 1.2 kg sugar

Help your students become
Drink Detectives!



Minds on: Sugar Shocker

Activity Big Idea

- Knowing what is in drinks helps us to make healthy choices.

Activity

All Grades

- Show students 1.2 kg of real sugar (*optional*).
 - Q1.** *How many cans of pop do you have to drink to add up to 1.2 kg of sugar? (Let them guess)*
 - A1.** 30 cans
- Show students one regular size can of pop (355 mL).
 - Q2.** *What if you drink 1 can of pop each day?*
(*Work with the students on the calculation remembering that 1 tsp = 1 sugar cube = 1 sugar pack = 4 g*)
 - A2.** 1 can of pop = 10 cubes of sugar
1 can/day x 1 month = 300 cubes of sugar
1 sugar cube = 4 g
300 cubes of sugar x 4 grams = 1.2 kg real sugar
- Show students an empty cup or glass (250 mL).
 - Q3.** *How many cups of fluid should we drink each day to stay healthy? (Let them guess)*
 - A3.** At least 8 cups of fluid
- Show students a sugar cube and/or teaspoon of sugar.
 - Q4.** *What is the maximum amount of added sugar a student your age should eat or drink in a day? (including food, drinks and fruit juice)? (Let them guess)*
 - A4.** No more than 10 sugar cubes and/or teaspoons of sugar
- Introduce the Sip Smart!™ Ontario program:
Sip Smart!™ Ontario is a program that teaches you about healthy drink choices!
The program will help you to “sip smart”.

Assessment

Teacher observation with verbal feedback of students' knowledge of healthier drink choices.

Activity Tips

Sugary drinks are drinks that contain added sugars (i.e. sugars and syrups that are added during processing or preparation). The maximum amount of added sugar a student should have in a day is a tricky topic. Please read the Backgrounder: *Sugar* (page 90).

The Punchline!

People can do different things to help keep their bodies and minds healthy. Choosing healthy drinks can be one of those things.

Action: Drink Check

Activity Big Idea

- The number and size of servings we drink affect the amount of sugar we consume.
- Knowing what is in drinks helps us to make healthy choices.

Activity

All Grades

- Organize students into 6 groups and assign each group to one of the following situations:
 1. At breakfast, lunch or dinner
 2. After sports
 3. At the movies
 4. At recess or lunch at school
 5. At a restaurant
 6. While watching TV

Ask the students to brainstorm drinks that they typically have in that situation. Students in grades 3, 4, and 5 brainstorm where the drink might originate from (packaging and content). Students in grades 6 and 7 reflect on and identify who or what might influence their choice of drink.

Have them present their result to the large group.

- **WHAT SIZE IS MY DRINK?**
Introduce Poster 1: *What Size is Your Drink?*
Show empty drink containers or drink cut outs to explain the sizes S, M, L and XL.
Hand out different sized containers to teams and ask students to write size S, M, L or XL on the

containers with markers, or verbally report to the class. Have each team present their sizes.

- **DIFFERENT KINDS OF CONTAINERS**
Explain the names of different kinds of drink containers (glass, carton, and bottle) with the help of Drink Cut-outs or empty beverage containers. Include water fountain. Have students identify which containers and size of drink they would typically drink from in their situation.
- **CLOSER LOOK AT DRINKS**
Show Teacher Resource 1: *Fruit Juice or Fruit Drink?*
Give a brief explanation of the differences between juice, cocktail/blend and punch, or involve the students by letting them explain the illustrations. Show different drink containers to emphasize the explanation. Have students identify how they might choose healthy drink alternatives for their specific group's setting and how they might promote these healthier options to their classmates.

Assessment

Teacher observation with anecdotal writing of students' application of self-monitoring skills as they demonstrate their ability to apply healthy living skills to make healthier choices using Assessment Tool 1: *Anecdotal Recording Chart*.

Activity Tips

This activity prepares the students for the Drink Diary. The size of drinks is a key concept. We also introduce the different drink containers in order to trigger students' recall.

The Punchline!

The number and size of servings we drink affect the amount of sugar we consume. Knowing what is in drinks helps us to make healthy choices.

Consolidation: Drink Diary

Activity Big Idea

- Knowing what is in drinks helps us to make healthy choices.

Activity

All Grades

- Explain to the students how to fill in the Student Resource 1: *Sip Smart!™ Ontario Drink Diary Tracking Sheet* correctly by using the drinks you had the previous day, and write them down on a blank Student Resource 1: *Sip Smart!™ Ontario Drink Diary Tracking Sheet* or use the completed Teacher Resource 2: *Sip Smart!™ Ontario Drink Diary – Example*.
- Note the need to record the number and size of each drink type consumed at one time.
- Note that there are six sections in the *Sip Smart!™ Ontario Drink Diary Tracking Sheet*, one for each of the following time periods:
 - before school
 - at school
 - after school
 - at dinner
 - at activities
 - before bed
- Prompt students to recall the time sequences (before, at and after school, in the evening) of the previous day.
- Then distribute Student Resource 1: *Sip Smart!™ Ontario Drink Diary Tracking Sheet* to each student.
- Have students reflect and fill in each section. Cue students with questions about each time period.

For example:

What did you do after school? How did you travel home from school? Did you eat out or at home? Were you watching TV?
- Collect the *Drink Diary Tracking Sheets* and use the *Drink Diary Calculator* to calculate the results of the survey before the next lesson.
- Ensure students know that the results will be for the class intake only and individual intakes will not be shared.

Assessment

Teacher observation with anecdotal writing of students' application of self-monitoring skills as they demonstrate their ability to make healthier choices using Assessment Tool 2: *Sip Smart!™ Ontario Drink Diary*.

Home Connection

Visit www.brightbites.ca to find printable information for parents – the *Sip Smart!™ Ontario Fact Sheet*. We suggest that you send this sheet home after Lesson 1 to let parents and caregivers know what their children are learning in class, and give them tips for making healthy drink choices.

Activity Tips

Please also review the *Guidelines for Using the Drink Diary Calculator* (pg. 86) and the *Guide to Making Healthy Drink Choices* (pg. 18) before beginning this activity.

The Drink Diary activity follows the Drink Check activity. If you choose to do the Drink Diary without first doing the Drink Check activity, please read through Drink Check carefully in order to better explain the instructions to the students.

To raise students' awareness about drinking habits, we recommend that students complete three Drink Diaries over the course of the project (in Lesson 1, in/after Lesson 2, in/after Lesson 3).

Working through the Drink Diary together the first time ensures that students understand the concepts of types of containers, drink portion size and quantity of portions. There are two ways to do this; and for consistency of responses, choose one method or the other:

Drink Diary Method #1:

Do the first Drink Diary together as a class on a Tuesday, Wednesday, Thursday or Friday, recalling the drinks they had the day before. Mondays are not the best day to do the drink recall. Students' weekend drink choices may be quite different than those consumed on school days. As well students often have more difficulty recalling beverages consumed on a weekend day. For subsequent Drink Diaries, students can fill in the parts of the Drink Diary in the same way, as a recall.

Drink Diary Method #2:

Do the Drink Diary throughout the day. For example, early in the day, ask students to fill in what they had to drink that morning. After lunch, ask students to fill in what they had to drink with their meal, and ask students to fill it in again at home, before they go to bed. Have them hand in the Drink Diaries the next morning.

Before your next Sip Smart!™ Ontario lesson, go to www.brightbites.ca and download the *Drink Diary Calculator* to calculate results. Once you enter student drink reports into the spreadsheet, the summary information requested for Teacher Resource 3: *Drink Report* and Teacher Resource 8: *Caffeine Report* is automatically calculated for you.

We have reserved 5 minutes in Lessons 2, 3 and 4 to report back the results of the Drink Diaries using Teacher Resource 3: *Drink Report*. The required time for this report will vary depending on allotted time for discussion. Use the *Guide to Making Healthy Drink Choices* (pg. 18) to understand the classifications of Choose Every Day, Choose Sometimes and Avoid.



The Punchline!

By remembering and recording what we drink during a regular school week, we can add up the results and see what our class is drinking. We will be able to see how much water, milk, 100% juice, etc., as well as how much sugar and caffeine, we drink. This information can make us more aware of our daily choices.

Teacher Resource 1: Fruit Juice or Fruit Drink?



FRUIT JUICE OR FRUIT DRINK?



100% Fruit Juice
(unsweetened)



Fruit Drink
(contains 0-25% real fruit juice)

→ Avoid anything called:

- ☉ drink
- ☉ beverage
- ☉ punch
- ☉ -ade
- ☉ cocktail

Fruit

→ Choose the product with the words "100% juice unsweetened"



SIP SMART!
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DRINK DIARY EXAMPLE



Teacher Resource 2: Drink Diary Example

Name Jane Date January 10, 2015

What did you have to drink...: (if you didn't drink anything for a certain time period write the word "none" in the first box)

Before school? (Before and after breakfast)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	
Milk	250		1
Orange juice	250		1

At school? (Remember all nutrition and recess breaks, refills of your water bottle)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	
Water	500		1
Chocolate Milk	250		1
Fruit Punch	200		1

After school? (On the bus, in the car, at an after-school program, etc.)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	
none			

At Dinner?

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	
Milk	250		1

At Activities? (e.g., at the rink, community centre, ball diamond, soccer field, etc.)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	
Gatorade		L	1
Water	500		1

Before Bed?

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	
Apple Juice		S	1



Student Resource 1: Drink Diary

DRINK DIARY



Name _____ Date _____

What did you have to drink...: (if you didn't drink anything for a certain time period write the word "none" in the first box)

Before school? (Before and after breakfast)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	

At school? (Remember all nutrition and recess breaks, refills of your water bottle)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	

After school? (On the bus, in the car, at an after-school program, etc.)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	

At Dinner?

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	

At Activities? (e.g., at the rink, community centre, ball diamond, soccer field, etc.)

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	

Before Bed?

Name of Drink	Size of Drink		How Many?
	# of mL	OR S, M, L, XL	

Poster 1: Sip Smart!™ Ontario What Size is Your Drink?

WHAT SIZE IS YOUR DRINK?

SIP SMART! Ontario

The poster displays a variety of drinks with their corresponding sizes:

- Water:** 250 mL (S), 500 mL (M), 1 Litre (L)
- Juice:** 200-300 mL (S), 340-500 mL (M), 695 mL (L)
- Energy Drinks:** 250 mL (S), 444-473 mL (M), 550-590 mL (L)
- Tea/Coffee:** 250-375 mL (S), 437-500 mL (M), 625 mL (L)
- Black Coffee/Tea:** 250-375 mL (S), 437-500 mL (M), 625 mL (L)
- Soft Drinks (Cola Pop):** 237 mL (S), 355 mL (M), 591-710 mL (L), 1 Litre (XL)
- Energy Drinks:** 200-300 mL (S), 335-415 mL (M), 547-695 mL (L), 1 Litre (XL)
- Smoothies:** 250-375 mL (S), 437-500 mL (M), 624 mL (L)
- Other Beverages:** 237 mL (S), 500 mL (M)
- Large Soft Drinks (Just the Blast):** 200-312 mL (S), 437-500 mL (M), 695-1 Litre (L), 1.9 Litres (XL)

Assessment Tool 1: Anecdotal Recording Chart

Curriculum Expectations and Success Criteria:

Insert appropriate curriculum expectations for your grade.

1.	2.	3.	4.	5.
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Teacher Observations:

Student Name					
Anecdotal Notes					
Student Name					
Anecdotal Notes					
Student Name					
Anecdotal Notes					
Student Name					
Anecdotal Notes					
Student Name					
Anecdotal Notes					

Assessment Tool 2: Sip Smart!™ Ontario Drink Diary

Teacher Assessment Tool

→ Sip Smart!™ Ontario Drink Diary

Name: _____

Grades 3 to 7

	Always (2 pts.)	Some- times (1 pt.)	Never (0 pt.)
Completes all time categories			
States specific drink category			
States or circles size of drink			
States number of drinks			
Score	/ 8		



Teacher Assessment Tool

→ Sip Smart!™ Ontario Drink Diary

Name: _____

Grades 3 to 7

	Always (2 pts.)	Some- times (1 pt.)	Never (0 pt.)
Completes all time categories			
States specific drink category			
States or circles size of drink			
States number of drinks			
Score	/ 8		

Home Connection 1: Sip Smart!™ Ontario Fact Sheet



Visit us at
www.brightbites.ca

Tips for making the healthy choice, the easy choice!

- Keep a jug of chilled water in the refrigerator — especially in the summer!
- To help your child drink less sugar from drinks,
 - Buy smaller sizes of sugary drinks.
 - Pour smaller servings.
- Serve drinks from the “Choose Every Day” list below more often.

The Sip Smart!™ Ontario Program teaches children in Grades 3 to 7 about sugary drinks!

Why is Sip Smart!™ Ontario important to you and your children?

- **Sugary drinks are everywhere.** Pop, fruit “punch”, sport drinks and many other drinks have a lot of sugar. Too much sugar is not good for your child’s health.
- **The extra calories in sugary drinks can add up quickly.** This can lead to an unhealthy weight, putting your child at higher risk of high blood pressure, heart disease and diabetes.
- **Healthy foods and drinks build a body that is just right for your child.**
 - Healthy children learn better.
 - Healthy children perform better at school and socially.
 - Healthy children have more energy to be physically active.

Healthy drink choices will help build and maintain a healthy body today, and build a strong body that is fit for a lifetime. Help your child to **Sip Smart!**™

An initiative of the
BC Pediatric Society & the
Heart and Stroke Foundation.
Adapted with permission for Ontario
by Ontario Society of Nutrition
Professionals in Public Health.



Ontario Society of Nutrition
Professionals in Public Health
La société ontarienne des professionnels
de l'alimentation en santé publique

Choose Every Day
Water

Plain, unflavoured milk/fortified soy beverage

Choose Sometimes
100% Juice (fruit, vegetable or combination*)
Flavoured milk/fortified soy beverage

Avoid
Fruit drinks
Pop or diet pop, sports drinks and energy drinks
Other sugar drinks
(For example; iced tea, ice slushy, bubble tea)

*A single serving is 125 mL or 1/2 cup, and 1 juice serving is enough in 1 day.



Water is always a great choice!