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Note to Teachers: Extension activities are intended as idea starters, rather than complete and formal activities. They are meant to help you integrate and reinforce the Sip Smart!™ Ontario learning by extending the sugary drink messaging to a variety of settings. The “Punchline” will depend on how you construct the activity and what happens!

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# → Classroom Extension Activities

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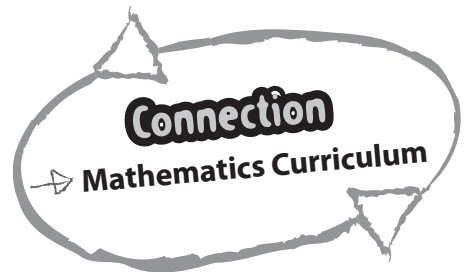
These activities:

- Enhance the learning outcomes of the lessons.
- Offer connections to other curriculum areas.
- Can be used for differentiation.
- Can extend the length of the lesson.
- Can be done just for fun!

## Snack Check

### CONNECTION: Mathematics Curriculum

- Collect used beverage containers in the class recycling bin. Give them a quick wash.
- Ask the students to check the labels for the number of sugar cubes or teaspoons of sugar (1 sugar cube = 1 teaspoon = 4 grams of sugar) in each container.
- Have students calculate the total number of sugar cubes in “their” beverage and collate the total number from everyone.
- Add up the number of sugar cubes. Have the students graph the results.
- Repeat this exercise a day or a week later. Compare the results.



### Alternative:

- Collect the total number of used beverage containers for several classes or the school. If your class gets the whole school involved in this activity then you will have created a **School Connection and extended the learning about sugary drinks to others in the school.** (See next section).
- Ask the students to check the labels of their own snack and lunch beverages one day. This activity will be appropriate **only** if everyone typically carries a packaged beverage, and if they are advised in advance of the exercise so they can make more deliberate choices that day. Do not single out children who have a less-than-healthy choice in their lunch or no lunch.

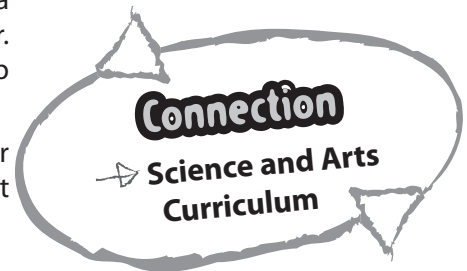
# Create-A-Drink

## CONNECTION: Science and Arts Curriculum

Extend the collection of *Drink Cut-outs* by having students create their own cut out.

Ask students to:

- Choose a drink that is not part of the *Drink Cut-out* collection yet.
- Research the nutrition facts of “their” drink, either online or in a grocery store.
- Draw an outline of a drink container (bottle, glass, cup, juice box) on a blank, white sheet of paper; add drink name and colour the container. Optional: Write one or two key marketing messages on the bottle to help sell the drink.
- Prepare the following information on a second blank, white sheet of paper with the same container outline: a Nutrition Facts Table and an ingredient list.
- Glue the two parts together and laminate the drink cut-out (if available).



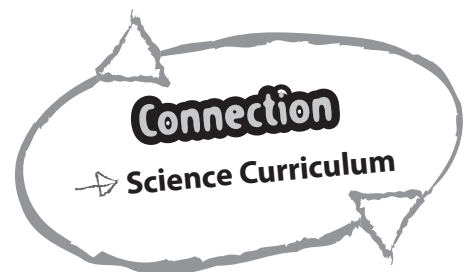
Display the creations in the school hallways for all students and staff to enjoy!

# Taste it!

## CONNECTION: Science Curriculum

→ **Note:** *It is important to be sensitive to the needs of all students. Should some students not be able to participate in this activity for health reasons (such as diabetes), it may not be appropriate for the class to do this activity.*

- Prepare several containers (3 - 5) filled with the same amount of water in each. Add different quantities of sugar cubes to each water container to make solutions of varying concentration.
- For example, fill each container with 2 Litres (8 cups) of water, and add 8 sugar cubes to the first container. Concentration = 1 cube/250 mL water.
- Label the bottom of each container with the number of sugar cubes added. Pour the different solutions into individual cups for students to taste.
- Have students try the sugary water and guess how many sugar cubes are in each cup.
- Have students compare the concentration of the sugary water with the sugary drinks on the *How Much Sugar is in Your Drink?* poster.



### Alternative:

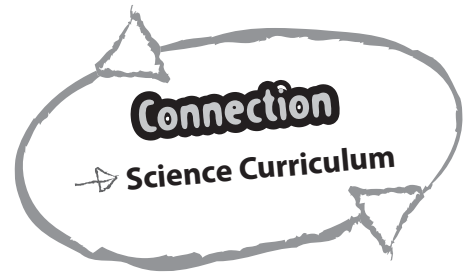
- Add some lemon juice (citric acid) and let the students try again.
- Count how many students guessed fewer sugar cubes after lemon juice was added.
- Have students research which sugary drinks contain citric acid.

**Recycling:** Consider having a discussion around what happens to drink containers after you have finished your drink? [garbage, recycling, etc.]



### CONNECTION: Science Curriculum and Health and Physical Education Curriculum

- A Registered Dietitian or other health professional could connect healthy beverage consumption to the Grade 5 Life Science curriculum (e.g., milk and milk alternatives to the skeletal muscular system) and discuss how the different body systems are interconnected.
- Similarly, coaches, athletes and other sports figures could talk about water and the importance of properly replacing its loss and that of electrolytes during intense, vigorous sports activities.



## Think before you Drink

### CONNECTION: Language Curriculum

- Ask students to find ads for beverages and post them on a board in the classroom.
- Compare the ads with the actual labels of the given beverage containers.
- Have students write comments about the persuasive features of each ad on squares of paper and pin them onto the pictures.
- This makes a nice display for your classroom!

### Alternative:

- If you have access to a computer lab, select an ad from the internet in advance, then ask the students to analyze it for the persuasive features.

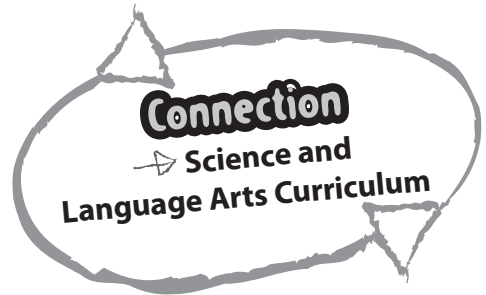


## More Bestsellers!

### CONNECTION: Language Curriculum

#### Grades 3, 4, and 5

- Have students recap their knowledge about the different juice and milk products on the market.
- Brainstorm a list of benefits of 100% unsweetened juice and of the benefits of milk or fortified soy beverages or water and write them on the board.
- Have students identify key nutrients contained in milk and juice.
- Instruct students to create role playing scenarios where the healthy choice is either 100% juice or milk/fortified soy beverage using the same criteria as in activity *“Role” With It!* (Lesson 5). Ask them to include their knowledge about nutrients in their drink.
- Have students discuss the benefits of eating vegetables and fruit instead of juice. Brainstorm a list of vegetables and fruit and research if they are grown locally or if they are ones that grocery stores bring in from other places. Write a profile of the vegetables and fruit available in your community.



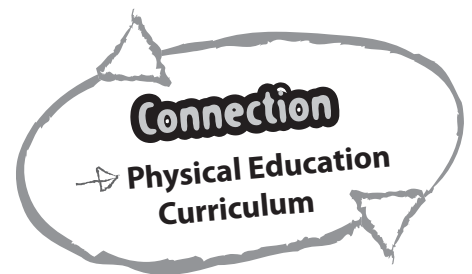
#### Grades 6 and 7:

- Have students recap their knowledge about the different juice and milk products on the market.
- Brainstorm a list of benefits of 100% unsweetened juice and of the benefits of milk or fortified soy beverages or water and write them on the board.
- Instruct students to create an ad to sell 100% juice or milk/fortified soy beverage using one advertising theme and the same criteria as in activity *Water - a Bestseller* (Lesson 5).

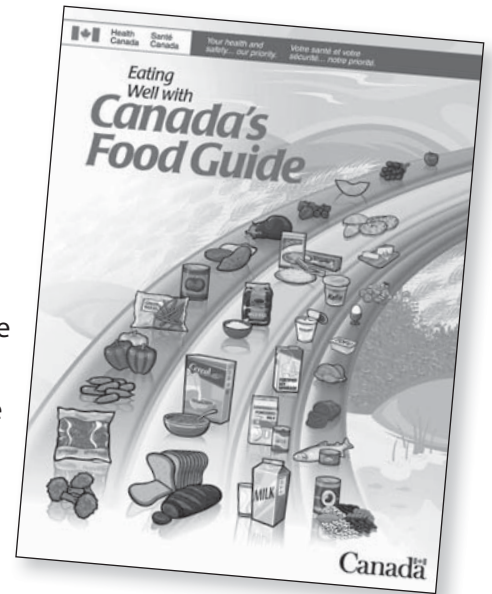
## Drink Dash!

### CONNECTION: Health and Physical Education Curriculum

- Create 5 to 6 sets of drink names by writing each of the following drinks on a separate piece of coloured paper (e.g., one set of blue drink names, one red, etc.)
  - 100% apple juice
  - vegetable juice (V8)
  - smoothie (made of banana, 100% orange juice and strawberries)
  - plain 1% milk
  - chocolate milk
  - plain unsweetened soy beverage
  - water
  - peach beverage
  - iced tea
  - sports drink
  - coffee
  - milkshake



- Arrange students into 5 or 6 groups. Give each group one set of drink names (e.g., one blue group, one red, etc.).
- Label 4 sheets of paper:
  1. Vegetables and Fruit
  2. Milk and Alternatives
  3. Part of *Eating Well with Canada's Food Guide*, but not in a food group
  4. Not part of *Eating Well with Canada's Food Guide*
- Place the labeled sheets of paper in each corner of the gym.
- Place the drink names scattered and face-down in the centre of the gym.
- Time each group to see how long it takes them to put the drinks into the correct categories in each corner of the gym.
- Ensure that the drink names are in the correct categories and record the time for each group.



**Alternative:**

- Make up sets of 12 drinks that are somewhat different from one group to the next.
- Begin with the drinks placed in all of the wrong categories, and have each group race around to rearrange them into their correct categories.

# → School Connections

Here are some ideas for connecting with others in your school to promote students' healthy drink choices.

## Spread the Word!

- Guide the students to make a class newsletter about sugary drinks. This is an opportunity for them to demonstrate understanding about making healthy beverage choices.
- See illustration for sample sections.
- Organize 6 groups and have each group create one of the sections.
- Post finished newsletter in the school.

## More Ways to Spread the Word!

- Display sugar charts and graphs from Graph the Results and Snack Check activities around the school.
- Post the finished beverage ads in a high traffic area of the school.
- Let the students vote on which beverage ad convinced them most, graph the results, and post the graphed results.

## "Tooth" Experiment, Part III

- Put the results of the tooth experiment on display in a public space like a hallway, so that the other classes can observe the experiment results too.
- Display each of the tooth samples next to a picture or an empty container of the beverage in which it was immersed.

## Healthy Choices

- Expand the role playing activity "Role" With It! or the skits from *Water - a Bestseller* and present it to the rest of the school during an assembly.

## Health Tip

- Have students write a health tip for the monthly school newsletter. For example, it could be a "Did you know?" fact about beverages.

1. name and header for newsletter

Division	Grade	Date
6. illustrations	2. news article	6. illustrations
5. Did you know? Section	3. comic strip	
4. an advertisement		

# → Home Connections

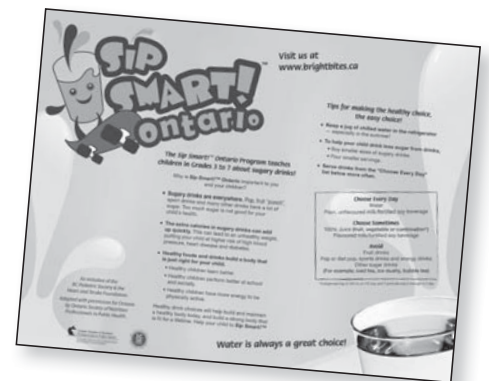
Home Connections offer resources for parents and caregivers that:

- Contain valuable information to support healthy drink choices.
- Encourage a common learning process.

**We strongly recommend distributing the material during the program as parents are a key factor in this learning process.**

## Sip Smart!™ Ontario Fact Sheet

- On [www.brightbites.ca](http://www.brightbites.ca) you will find printable parent information in the form of a factsheet. 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.
- Available in French.



## Sip Smart!™ Ontario Booklet

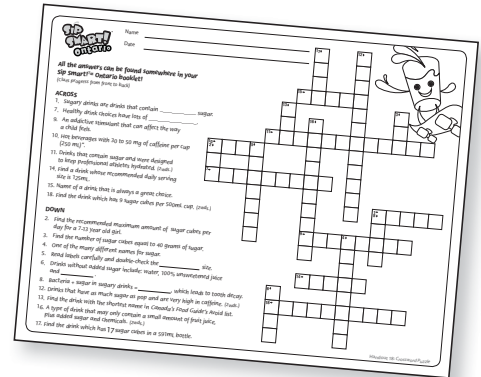
- Too much sugar is not good for a child's health. The extra calories in sugary drinks can add up quickly. This may lead to an unhealthy body weight, putting a child at higher risk for high blood pressure, heart disease, diabetes and cancer. The *Sip Smart!™ Ontario Booklet* gives parents and caregivers all the important information that they need to support healthy drink choices.





## Crossword Puzzle

- All the answers for the *Crossword Puzzle* are found in the *Sip Smart!™ Ontario Booklet*.
- You can send Handout 18: *Crossword Puzzle* (pg. 44) home after Lesson 2, together with the *Sip Smart!™ Ontario Booklet*. The intention is to encourage parents to read the information booklet and then talk with their children about healthy drink choices. Parents and students can fill in the puzzle together at home.
- Or, you can hand out the *Sip Smart!™ Ontario Booklet* to students and assign the crossword as in-class assignment, for example to wrap up the program, or for students who get work done quickly, etc.
- Share the correct results and discuss other responses in class, using Handout 19: *Crossword Puzzle, Answer Key* (pg. 60).



## Sip Smart!™ Ontario PowerPoint™ Presentation

- In addition to sending home the *Sip Smart!™ Ontario Fact Sheet*, you can introduce the classroom program to parents and caregivers by using a ready-to-use PowerPoint™ presentation available on the website [www.brightbites.ca](http://www.brightbites.ca).
- Inviting a Registered Dietitian to your classroom or a School Council or Parent Involvement Committee meeting would be a great extension to the Sip Smart!™ Ontario program.
- Presenting this session at a School Council or Parent Involvement Committee meeting distributes information about sugary drinks, extending the sugary drink key messages beyond the classroom.



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# Community Connections

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Community connections show ideas that can:

- Encourage students to take the learning process to a higher level by doing research in their community.
- Have students present their experience and results to the classroom.
- Encourage students to take action as a result of this research, and learn they have a voice in the community.
- Support students' future drink choices in "real life situations".

→ **Note 1:** For additional **Community Connection** ideas, we suggest you talk to a Registered Dietitian at your local public health unit.

## **At the Recreation Centre**

After skating, playing hockey or doing some other activity at your recreation centre, ask students to take a look at the options for quenching their thirst.

- What drinks are in the canteen? How many of the choices are "Every Day" choices compared to the number of "Avoid" choices?
- What drinks are in the vending machines? How many of the choices are "Every Day" choices compared to the number of "Avoid" choices?
- How many water fountains did they notice?
- How are sugary drinks advertised compared to healthier options (e.g., a soft drink company's name or logo on the vending machine).

## **In the Grocery Store**

Encourage students to take a look at the drinks on the shelves the next time they are in a grocery store. They can also take a look at the types of drinks in the coolers at the local corner store.

- Encourage them to talk with their family about the proportion of drinks that are high in sugar, relative to those that are low in sugar.
- Have students compare the number of fruity drinks with the number of 100% fruit juices.

## At a Sporting Event

Organize a student survey at a sporting event to find out how many students have sports drinks during or after a game or training. Have class members speak with students to find out why they are having a sports drink.

- Graph the results of the number of students with a sports drink.
- Collect facts about sports drinks and for whom sport drinks are appropriate.
- Research ingredients in healthy drinks that quench thirst during and/or after working out.
- Based on this research, find or create fun recipes for drinks that quench thirst during and/or after working out.



Providing children with the  
knowledge and skills they need  
to make **healthy drink choices.**