



4-H Healthy Living

Encouraging youth to make healthy choices

UP FOR THE CHALLENGE

LESSON 6

SAY “WHOA” TO SUGAR

LEVEL: Elementary School (K-5)

GOAL: Children will identify how empty calories in soft drinks often replace the healthier beverages such as milk, water, and juice.

KEY QUESTION: What are wise choices we have to make to stay healthy and active? How much sugar is in a can of soft drink? What are the healthier choices when we are thirsty?

MATERIALS NEEDED:

- 4-H Wheel
- CD Player
- Can of Soda
- Full and empty cartons of whole milk, 2 % milk, 1% milk, fat free milk, low fat chocolate milk, lactose free milk
- Measuring Cup (liquid)
- Frozen Fruit Yogurt
- Blender
- Music
- Containers from Orange Soda, Orange Drink, Orange Juice, Fruit Beverage or Punch
- Lemon juice
- Lime Juice
- Low Fat Yogurt
- 100% Fruit Juice
- 1 Gallon Container
- Measuring Spoons
- Frozen Concentrated Orange Juice
- Small cups for tasting
- Calculators
- Sugar
- Salt
- Parent Notes
- Water, Cups

TEACHING TIP: Include water breaks!!!

Agenda	Topic	Source
3:30	Welcome Warm-up game 4-H Wheel	Chapter 1, Lesson 1, pg 16, Get in the Movement Groove 4-H Wheel Activity
3:45	Mini-Lesson: Think Your Drink, Make Mine Orange (and/or) Mini-Lesson: Low Fat or Fat Free Dairy Mini-Lesson: Look at all that sugar!	Chapter 1, Lesson 5, pg. 37 Think Your Drink Chapter 1, Lesson 5, Activity 1- Low Fat or Fat Free and Activity 2, pg. 39, Look at all that sugar
4:00	Reinforcement / Taste Testing: Making and tasting Juice Float, Sport Drink	Chapter 1, Lesson 5, pg. 40, Now We’re Cookin’ – Three Fruit Drinks; Appendix A, pg. 207
4:40	Active Game: Tag or Muscle “Rest” Game [WATER break]	Chapter 3, Lesson 7, Activity 3, pg. 126
4:50	Reflection / sharing circle / cool down	4-H Wheel Activity
5:00	Good-bye	