

6th Grade Health 10/03/19

EQ: What's in my drink?

CW: Rethink your drink one-pager

HW: Finish one-pager

Agenda

1. Question of the day
2. Mindful minute
3. Rethink your drink one-pager

Open Ended Question

**Write silently for three minutes: What do you wish you knew more about?
Why?**



<https://www.youtube.com/embed/UXoRAtXb6KE>

- 1) List the signs of sugar addiction.
- 2) Explain two ways that the rat study showed that sugar may be more addictive than cocaine or heroin?
- 3) Describe two reasons why our hunter-gatherer ancestors consumed less sugar than we do now.
- 4) How does sugar affect the brain?
- 5) Where do you find high-fructose corn syrup and how is it different from traditional sugar (cane sugar)?



<https://www.youtube.com/embed/68PDhkXxAxw>

STOP. RETHINK YOUR DRINK. GO ON GREEN.



Red - Drink Rarely, If At All

- Regular sodas
- Energy or sports drinks
- Fruit drinks



Yellow - Drink Occasionally

- Diet soda
- Low-calorie, low-sugar drinks
- 100% juice



Green - Drink Plenty

- Water
- Seltzer water
- Skim or 1% milk



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Mayor Thomas M. Menino

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Visit www.bphc.org/chronicdisease
for more information.

Rethink your drink one-pager

1. Central image
2. Brainstorm words
3. Two quotes from article
4. Pictures showing amount of sugar in 3 drinks
5. Colorful - takes up whole page