6th Grade Health 1/23/20

EQ: How much sugar is in my drink?

CW: Sugary Drinks

HW: No HW

Agenda

1. Question of the day
2. Mindful Minute
3. How much sugar is in that?
4. Sugary Drinks Card Sort
5. Make a meme

Open Ended Question

Write silently for three minutes: What is your favorite game or sport to watch and play? Why?

Please enter your answer here.

https://www.youtube.com/embed/6z9Vmp9Jqm0

https://www.youtube.com/embed/KlKjnUvn0UY

Sugary Drink Card Sort

Sort cards from least sugar to most sugar.

Least --> Most

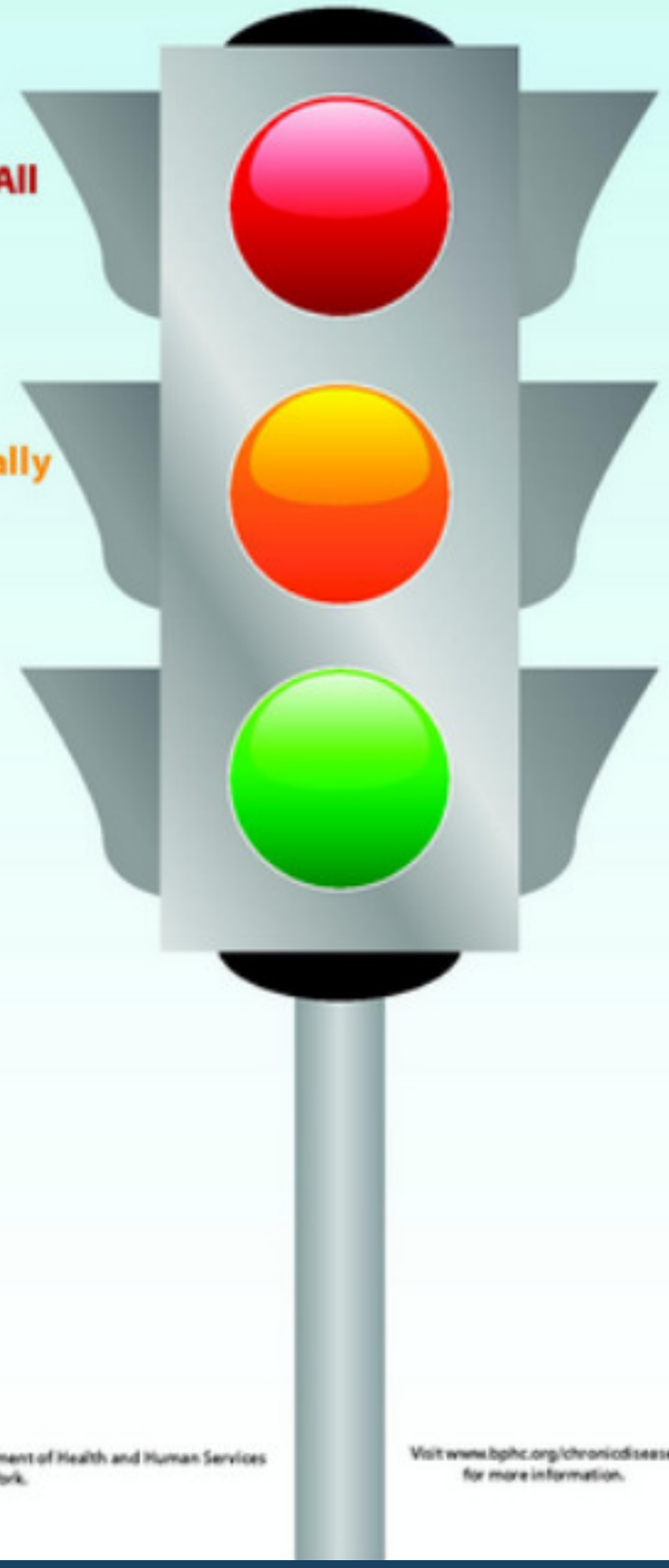
Food	Grams of Sugar	Teaspoons of Sugar
6 oz water	0	0
6 oz fruit fizz	4	1
6 oz plain milk	9	2.25
6 oz 100% orange juice	16.5	4
6 oz chocolate milk	18	4.5
6 oz coca cola	20	5
6 oz lemonade	20	5
Fruit punch juice box (6.75 oz)	24	6

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



Building a Healthy Boston
Mayor Thomas M. Menino

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

USDA
United States Department of Agriculture

10 tips Nutrition Education Series

MyPlate MyWins

Based on the Dietary Guidelines for Americans

Make better beverage choices

A healthy eating style includes all foods and beverages. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too many calories from saturated fat. Here are some tips to help you make better beverage choices.

1 Drink water

Drink water instead of sugary drinks. Non-diet soda, energy or sports drinks, and other sugar sweetened drinks contain a lot of calories from sugars and few nutrients.

2 How much water is en

Let your thirst be your guide. different. Most of us get eno we eat and the beverages we drink balance water needs throughout th water if you are very active or live

3 A thrifty option

Water is usually easy on the wa by drinking water from the tap at

4 Manage your calories

Drink water with and between your meals and children take in about 400 calories per day beverages—drinking water can help you manage your calories.

5 Kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an

½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.

*100% juice is part of the Fruit or Vegetable Group.

6 Don't forget your dairy**

Select low-fat or fat-free milk or fortified soy beverages. y offer key nutrients such as calcium, vitamin D, Older children, teens, and of milk per day, while ld need 2½ cups and need 2 cups.

rage

t do—enjoy the beverage of t back. Remember to check the r of servings in the can, bottle, or rie needs. Select smaller cans, large or supersized options.

go

convenient. Fill a clean, r bottle and toss it in case to quench your thirst the day. Reusable bottles are also easy on the environment.

9 Check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The food label and ingredients list

10

Food-A-Pedia, an online feature available at SuperTracker.usda.gov, can help you compare calories, added sugars, and fats in your favorite beverages.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to **ChooseMyPlate.gov** for more information.

DG TipSheet No. 19
May 2012
Revised October 2016

https://cf.nearpod.com/neareducation/new/Webpage/355468965/iconoriginal.pdf?AWSAccessKeyId=AKIAINYAGM2YWP2OWQBA&Expires=2147483647&Signature=4QwYNXO16eGnSNJU940AO9K9zvs%3D

Rethink your drink

You will make a meme encouraging people to drink water instead of sugary drinks

Increase your social media engagement

With Pablo, you can create beautiful images easily to make your posts pop

https://pablo.buffer.com/

Collaborate!

Share your memes here