

4-H +Me = Health: What's in Your Drink?

What will we learn? 4-H members will learn how to read beverage labels to determine the quantity of sugar in and nutritional value of different beverages. They will also determine which beverages are the best choices for their growing bodies.

Why is this important? Sugar-sweetened beverages are the largest source of added sugar in the diet of children in the United States. The increased calories consumed by drinking these beverages is one potential factor contributing to the prevalence of obesity in children and adolescents nationwide.

Prep time needed: 15–20 minutes

Activity length: 20–30 minutes

What will we need?

Preparation:

- Measuring spoon (1/4 teaspoon size)
- Nutrition facts labels from a variety of soft drinks or the actual beverage containers
- White sugar or sugar cubes
- Small paper plates
- 2-liter bottle of soda/soft drink
- Cups of various sizes
- 2-cup liquid measuring cup

At the meeting:

- Enough space for everyone in the group to sit comfortably



What do I need to do?

Preparation:

1. Purchase necessary supplies for the demonstration.

At the meeting:

1. Explain to 4-H club members that making healthy nutritional choices is not just about choosing the best foods; it's also about making wise choices when it comes to what you drink, too. In fact, sugar-sweetened beverages are the largest source

of added sugar in the diet of children in the United States. The added calories from these drinks are one of the potential factors leading to the increase in childhood obesity nationwide.

2. Ask members to look at the nutritional labels from the drinks you have collected, then measure out onto each plate the amount of sugar in each drink. Each gram of sugar is approximately equal to 1/4 teaspoon of sugar.
3. Ask club members if they know what a serving size is. Show members where the serving size is listed on the label. Talk about the difference between a portion and a serving.
4. Now, compare the amount of sugar in one serving to the amount of sugar in one helping. Ask a volunteer to pour the amount of soda from a 2-liter bottle that he/she would normally drink into a cup. Explain that this amount is called a portion or helping. Look at the label of the beverage to determine what a serving size is. Ask another volunteer to measure out a serving using a measuring cup. Have club members calculate how many grams of sugar are in the portion versus how many grams of sugar are in the serving. Measure out the results and display them on paper plates.

Summary: Reading labels can help youth make healthy drink choices.

What 4-H projects does this activity connect with: Health and Foods

Resources:

<http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet19MakeBetterBeverageChoices.pdf>

www.extension.org/pages/27548/beverage-guide-to-sugars-handout