

revitup

Lesson 3

Drink for Your Health!



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



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Lesson 3: Drink for Your Health!

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Core Curriculum Area: Dietary Quality, Food Resource Management, Physical Activity

Objectives

Teens taking this class will:

1. State that sugar-sweetened beverages (SSB) contain very high levels of added sugars.
2. Compare the number of added sugars in various drinks.
3. Choose drinks they like that are lower in added sugars.
4. Identify how many servings are in a container using the Nutrition Facts Label.
5. Compute the drinks' total added sugars using the Nutrition Facts Label.
6. Prepare their own drinks to control the drinks' cost and sugar content.

Behavioral Focus

This lesson prompts teens to:

1. Rethink their drink choices based on their sugar content.
2. Compare the sugar content of drinks before choosing them.
3. Discern lower sugar drinks they are willing to drink in place of higher sugar drinks they most often drink.
4. Taste homemade iced tea and get a recipe to make it at home.
5. See how much money they may be spending on drinks and how much they could save by drinking homemade iced teas or water from a bottle they can reuse.
6. Do an MVPA exercise video they can repeat at home.

Background

What is wrong with drinking sugary drinks?

Having too many foods or drinks with added sugar can lead to excess weight gain and a higher risk of diabetes and heart disease.¹ Sugary drinks, or SSB (sugar-sweetened beverages), are the biggest source of added sugars in most peoples' diets in the U.S.² Also, studies have shown that children and teens who drink too many

SSBs have more dental caries.^{3,4} This is when teeth rot because of bacteria.⁵

Are all sugars bad?

No. Whole fruits, veggies, and milk contain sugars, but their sugars have not been found to be linked to health problems. The sugars that are "added" to foods during or after processing are the biggest problem. That said, 100% juice, despite having natural sugars, can also be a problem. This is because the fruit's fiber is removed when making juice, so the sugars from juice are more like added sugars than the natural sugars in whole fruit.

Do teens drink a lot of SSBs?

Yes. The average teen drinks about 21 ounces of SSB each day.⁶ For most teens, soda/pop is the most common SSB they drink. Sometimes they drink too much juice too!

The good news is that the number of teens who drink SSBs have lessened in recent years.⁷ Yet, some groups report higher SSB intake,^{6,8} like:

- Boys vs. Girls
- Black and Hispanic vs. White and Asian teens
- Low-Income vs. Higher-Income teens

Be aware that teens may prefer certain types of SSB, based on their culture. One study reported that Black teens drink fruit drinks more often than soft drinks.⁶ Another found that Black teens drink at least one more soft drink per day than do White and Hispanic teens.⁹ Some teens down South may prefer sweet tea, whereas teens from elsewhere may not even know what sweet tea is! It is very important for you to find out what sugary drinks the teens you work with drink, so you can use the best examples for this lesson.

Does the Nutrition Facts Label show which drinks have more or less sugar added to them?

Yes. They are listed on the label as "added sugar." This is a better place to look than the ingredients list, because added sugar can have many names, like "sucrose" and "high fructose corn syrup." For juices, you may need to look at total sugar, since the sugars in fruit juices may not be added.

How much added sugar is it OK to have?

Added sugar should be less than 10% of a person's daily calories.² That means if a person needs 2,000 calories each day, he or she should have less than 50 grams (200 calories) of added sugar.

How does this lesson address the issue of SSB intake?

In *Drink For Your Health!*, teens find out how much sugar is really in their favorite drinks. Most teens we have worked with were really shocked to see the number of sugar packets that equal the grams of sugar in each drink. After the game, teens are shown other drinks that they can choose from with less sugar. This helps them make better choices the next time they buy a drink.

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Materials Needed

Activity 1: Drink for Your Health!

- ☐ Sugary Drinks Set (See “Prepare to Teach”)
- ☐ Better Drinks Set (See “Prepare to Teach”)
- ☐ Drink Cards (See “Prepare to Teach”)
- ☐ Bowls, 1 per team plus 2 extra
- ☐ 16-oz plastic cups, 1 per team
- ☐ Box of sugar packets
- ☐ Computer, projector, and speakers (or) SMART Board® (or) TV and DVD player
- ☐ Drink for Your Health! Mid and Fire Slides
- ☐ Tape
- ☐ Thermal container(s) to keep the iced tea cold
- ☐ 5-oz cups, 1 per teen
- ☐ 1 5-oz cup that is marked with a thick felt-tip marker to show how much 4 ounces is
- ☐ Tray(s) to put the cups on
- ☐ Extra sugar packets, 1 per teen
- ☐ Stirrers, 1 per teen
- ☐ Simply Iced Tea Recipe, 1 per teen

Activity 2: Walk Indoors!

- ☐ Computer, projector, and speakers (or) SMART Board® (or) TV and DVD player
- ☐ “Walk Indoors! with Leslie Sansone” Video 2: “Add Upper Body” available at efnep.rutgers.edu/efnepContent.php?l=eg&c=Exercisevideos.

Prepare to Teach

1. Download the Simply Iced Tea Recipe. Copy or print 1 per teen.
2. Use the recipe to make enough iced tea so each teen can have 4 ounces.
3. Download the Drink for Your Health! Mid and Fire Slides onto a flash drive.
4. To make the **Sugary Drinks Set**, put together a list of 8-10 empty, clean containers of sugar-sweetened beverages (SSBs) and/or juices that teens at your site often drink. To find out what these may be:
 - Observe the teens at or around the site during the first 2 lessons.
 - Look in vending machines if they have them.
 - Ask the site leader.
 - Stop by local stores to see which ones they have.

Some sugary drinks we have used are colas, Fanta®, Starbucks Frappuccinos®, Gatorade®, Monster® energy drinks, apple juices, AriZona® teas and fruit punches, Sunny Delight®, Snapple® iced teas, Turkey Hill® lemonades, ginger ales, Maltas®, coconut juices, Goya Nectars®, Inca® kolars, and Jarritos®.

5. To make the **Better Drinks Set**, put together 4-5 empty, clean containers of lower-sugar drinks that the teens may like. Again, make sure you bring drinks they can make at home or buy nearby.
6. To make the **Drink Cards**, grab your Sugary Drinks Set, index cards, and a bold black marker.
 - On one side of each index card, write the name of 1 sugary drink in big print.

Some better drinks we have used are water, seltzer, diet cola, diet nectars, 50% reduced sugar juices/lemonades, low-carb energy drinks, fat-free milk, and boxes of tea bags.

- On the other side of the index card, write the number of teaspoons/packets of sugar each drink has in big print. See below for how to figure this out.

Nutrition Math: How many sugar packets are in each drink?

1. Look at the Nutrition Facts Label to see how many servings are in the drink.
2. Look at the Nutrition Facts Label to see how many grams of sugar are in the drink.
3. Multiply the number of servings by the number of grams of sugar.
4. Divide this number by 4, as there are 4 grams of sugar in 1 teaspoon/1 packet. Round to the nearest whole number.

For example, Mtn Dew® has 31 grams of sugar in 1 8-oz serving. In a 20-oz bottle, there would be 2.5 servings. Thus, there are 77.5 grams of sugar in the whole drink (2.5 x 31). Divide 77.5 by 4 and you get 19.375, or 19 packets of sugar!

- Laminate the cards for future use.

7. Use a measuring cup to pour 4 ounces of water into 1 of the 5-oz cups. Use a marker to mark the 4-oz level. This cup will be used to show the site leader how much iced tea goes in each sample cup for the teens.

Practice until the activity lengths are:

- **Introduction:** 2 minutes
- **Drink for Your Health!:** 15 minutes
- **Walk Indoors!:** 15 minutes
- **Wrap up:** 3 minutes

This will allow for the lesson to be taught in 35 minutes.

Lesson Plan

Set-up

1. Remind the teacher:
 - You need their help with getting the iced tea samples ready for the lesson. Tell him/her that when you are doing the game with the teens, you would like him/her to prepare the 4-oz samples of iced tea and set them on the trays for after the game. Use the marked cup to show how.
2. Set up the computer and projector or SMART Board® and have the Drink for Your Health! Mid and Fire Slides open but minimized so it can not be seen by the teens.
3. Test the “Walk Indoors!” video. Cue it up to 0:47 so it is past the tips.

We read the video tips with our adult classes. There is not enough time to do so with the teens unless you have more than 45 minutes for the class.

4. Tape the posters up where the teens will be able to see them.
5. Put the Simply Iced Tea Recipes on a table near the door so the teens can grab them on the way out.
6. Set up the table for Activity 1:
 - Place each drink from the Sugary Drinks Set on the table with the cards for each drink right next to them. Make sure the name of each drink is facing up.
 - Fill each bowl with 20 sugar packets and put them on the table. Place a 16-oz plastic cup next to each bowl.
 - Place the Better Drinks Set in a bag nearby so you can pull them out when you need them.

Your table should look like this:



Introduction (2 minutes)

1. Greet the teens as they walk in.
2. Ask if anyone tried to make their plate look more like MyPlate since last lesson. Call on a few people who raise their hands and ask them to tell you what they did.

Remember, be on the lookout for success stories from the teens!

Activity 1: Drink for Your Health! (15 minutes)

1. Start by talking about the sugars found in drinks.
 - Point to the drinks on the table. Say, “These are some drinks I know are popular with teens like you. Perhaps your favorite drink is up here.”
 - Mention that they may already know these drinks aren’t good for them, because they have a lot of sugar.
 - Ask them if they know why too much sugar isn’t good for them. Take a few answers. They might mention that it can lead to cavities or weight gain.
 - Tell them that today they will guess exactly how much sugar is in each drink. They may be shocked at how much sugar there really is!

Teens may wonder why some juices, like apple juice, are in the Sugary Drinks Set. They do have natural sugars, but they have a lot of calories, and they don’t have fiber like whole fruits do. It’s always best to eat whole fruit instead of drinking their fruit!

2. Quickly split the teens into groups of 4-6 and pick one teen from each group to be the captain.
3. Ask each captain to come up and grab 2 drinks (not the cards), a bowl of sugar packets, and a 16-oz cup, and then to go back to their seats.

4. Explain that each team will be guessing the amount of sugar in each drink. Let them know that they will be guessing for every drink, not just the ones their team captain chose.
 - When you call a drink, the team with that drink will raise it up in the air and show it to all.
 - Then, each team will fill their cup with the amount of sugar packets they think are in the drink. Say “Let’s say that I think there’s 4 sugar packets in a drink.” Then put 4 sugar packets from one of the bowls still on the table into an empty cup and hold it up for all to see.
 - Tell them that no drink has more than the 20 sugar packets you gave them.
 - Let them know that the team with the closest guess will win each round and the team that wins the most rounds wins!

“Which team has the sport drink?”

5. One by one, pick up cards from among the drinks a team took, and ask the team with that drink to show the class. Ask them to fill their cups with how many sugar packets they think are in there.
6. Give the teams a few seconds to decide on their answers. To move them along, start slowly counting down from 5: “5 – 4 – 3 – 2 – 1!”

We use sugar packets instead of scooping teaspoons of sugar because loose sugar creates a sticky mess that we do not have time to clean up before the next period.

7. Tell the teams to hold up their cups with the sugar packets. Ask each team how many packets they put in their cup.
8. Say, “Now it’s time to reveal the answer ... drumroll please!” Be silly! Flip the index card over and show everyone how many packets there really are. Award the closest team 1 point. If 2 teams are equally close, give them each 1 point.
9. Repeat steps 5-8 until all the drinks are chosen. You may not have time to do all the drinks if it’s a short class period.
10. Announce the winning team and give them a round of applause.
11. Ask the teens if they were surprised by any of the drinks. Maybe they had more sugar than they thought! Say, “Did you know, you can figure out the number of sugar packets just from looking at the Nutrition Facts Label?”
 - Ask the team with the last drink to look at its

label and tell you how many servings are in the drink, and how many grams of sugar there are.

- Teach them how to multiply the servings by the number of grams of sugar, and then divide by 4 to get the sugar packets. Their answers should be the same as the index card! If you need help, refer to the Nutrition Math section in “Prepare to Teach.”

12. Now, say that there are some healthier drinks you can choose instead of the sugary drinks. Bring out the bag with the Better Drinks Set but do not show the contents to the teens. Tell them the bag is full of “better” (low sugar) drinks. Ask them to name drinks they think might be in your bag.

- As the teens say a drink that’s in your bag, pull it out and show it to them. Place it on the table.
- If they name a low-sugar drink you did not bring, say, “Good job, but I didn’t bring that one.”
- If you have other drinks the teens don’t guess after a minute or 2, put them on the table to show them.

13. Let them know that you have a better drink for them all to try today. Have the site leader pass out the iced tea to the students, and 1 packet of sugar. Ask them to try the tea with 1 packet of sugar if they’d like and see if they like it!

- Tell them that there are recipes by the door that they can grab on the way out.

14. Finally, open the Drink for Your Health! Mid and Fire Slides. Tell them that making drinks at home may save them sugar and some money! Walk them through the two slides so they can see what drink choices may be “mid” and what may be “fire.” If you have time, ask the teens what other drinks may be “mid” or “fire.”

“Mid” and “fire” are slang terms popular with today’s teens. Something that is “mid” is not good, or mediocre. Something that is “fire” is very cool or awesome. It’s hot, just like fire! Like other parts of *Rev It Up!*, these slides are silly on purpose to get the teens engaged. Lean into it!

Activity 2: Walk Indoors! (15 minutes)

1. Tell the class that they will be doing more MVPA – Moderate-to-Vigorous Physical Activity, this time using their arms more!
2. Ask them to spread out and find a place to stand.

Cue the site leader to start the video.

3. Like the first lesson, walk around and encourage the teens. Be silly! Get them excited about being active. If some of the teens are still stubborn, ask the site leader for help.
4. After the video is over, clap and tell them they did a great job. If the class period is too short to finish, just keep going with the video until the bell rings.
5. Remind the teens that the videos can be found on efnep.rutgers.edu/.

Wrap up (3 minutes)

1. Ask the teens what they learned today and what they may try to do this week to drink “better” drinks.
2. Let them know that next time, you will be playing a game similar to Jeopardy®. If they have never seen the show, ask them to watch an episode or 2 on YouTube. That way, they will know the rules before you come back.

After the lesson is over, remind the site leader what her/his role will be for the next lesson. You may want to send an email like this:

Hopefully you have been seeing more water than soft drink bottles this week! Thanks for your help last lesson. The next time I come, I will need your help running the slides. I have attached them to this email in case you want to play with them ahead of time. (Don't forget to attach them before sending!)



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