

## Session 5

### Selecting the Healthiest Drink

In today's lesson we are going to discuss sugar in drinks. Every drink has a label and that label will show you the nutritious elements of the drink and the unhealthy contents of the drink such as sugar. Some drinks may advertise themselves as healthy or 100% juice, but when you look further into the label you can see that they may have many sugars that can be harmful to your teeth and body. In today's activity you will examine several drink labels and learn how much sugar is in each one. Today's Question of the day makes you think about your drink choices now:

What is your favorite three Drinks? \_\_\_\_\_

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### Session 5 Activity

#### How many sugar packets?

For this session's activity we want you to look at different drink labels and determine how many packets of sugar are in each drink. For today's lesson we are going to use a standard sugar packet that contains 4 grams of sugars. So, to determine how many packets of sugar are in each drink, you simply divide the total sugar in the drink by 4 to get your answer. The next page contains several labels for you to look at and find out just how much sugar you consume for each option.

## Session 5 Conclusion

As you learned today some drinks that advertise as a healthy choice may not be the best option for you. A perfect diet may consist of getting your juices from whole fruit and mainly drinking water, but we understand this may be hard to do. What is important to know after this session is that from now on you can at least be conscience of what you are drinking and understand what you are putting into your body. Sometimes it is unavoidable to drink a sugary drink as that may be the only choice you have, but now you can recognize the labels on some of these and make a decision based on that. One thing to think about now is the question we asked in the beginning of this lesson: What are your three favorite drinks? With the knowledge you have learned today you can think about how healthy those drinks are and how much you will want to drink them in the future. Now please take some time to finish line 5 on your “What I Like About me” page for session 5.