

Title: Re-Think Your Drink Lesson Plan for Interactive Nutrition Education Center

Target Audience: Pregnant, Breastfeeding, Postpartum Women, Children aged 1 and older

Objectives: The attendee will:

1. State how much milk and juice children and pregnant/breastfeeding women need to drink
2. Compare the sugar content of popular drinks
3. Express why sugar-sweetened drinks, vitamin waters, energy shots and sports drinks are not good choices for most individuals
4. Identify ways to encourage drinking more water

Teaching Materials Needed, Including Handouts:

1. Items for your interactive nutrition display center, chosen to reinforce the interactive activities selected from the “Interactive Component” section below.
2. Handouts on encouraging making good choices of beverages (see attached) plus materials chosen from the comments section below.
3. Items needed for the interactive activities chosen from the “Interactive Component” section below.

Advance Preparation Needed:

1. Set up display for interactive nutrition center
2. Make sufficient copies of all handouts

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
5. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one thing you will try in the next month to help your family reduce the amount of sugar-sweetened drinks they use?”
6. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

1. Children need few, if any sugar-sweetened beverages. Approximately 3-4 glasses (4-6 ounces each) of milk and 1 small glass (4 ounces) of juice is needed each day for children under 5 years of age. Pregnant, postpartum and breastfeeding women need 3-4 glasses (8 ounces each) of milk per day as well as one glass (6 ounces) of juice.

2. Many popular beverages are packed with sugar and may not be the healthiest choices for families.
3. The average person consumes almost 100 pounds of added sugar a year. Soda is the number one source of added sugar in the American diet.
4. When checking the ingredient list for added sugar, these ingredients are sugars: fructose, sucrose, lactose, honey, dextrose, glucose, dextrin, all syrups, agave nectar, corn sweetener, cane juice, maltodextrin, molasses, sorghum and treacle.
5. Over 30% of all calories from added sugars consumed daily are from sweetened beverages.
6. Sugar-sweetened beverages can add unnecessary calories to the diet and lead to weight gain in some people.
7. To burn off just one 20-ounce bottle of soda you need to walk at a moderate speed for about one hour.
8. Water should be encouraged between meals as a beverage rather than sugar-sweetened beverages.
9. Most people, other than endurance athletes, do not require sports drinks or vitamin waters to rehydrate their bodies.
10. Adults should consider sugar-sweetened beverages an occasional drink rather than a daily choice.

Interactive Component: Choose one or more of the following interactive items:

1. Set up a display of various sugar-sweetened beverages and sugar cubes. Have attendees try to guess how much sugar is in a serving of each beverage. Have correct answer available on a card under each beverage.
2. Play the "Sugar Shocker Mix and Match Game" (attached).
3. Have a sheet of paper where adults can record the drinks they or their children drink at each meal and between meals. Assist them in calculating how many teaspoons of sugar they include in these drinks daily.
4. Make a display that shows how much sugar and sodium are included in sports drinks, vitamin waters, and energy shots. Discuss with attendees how water or other sugar-free options could be used as a substitute for these beverages.
5. Review the fluid requirements for milk and juice with attendees. Have client respond whether they or their children drink too much or too little of each item. Discuss ways to meet these levels of milk and juice and what other beverages could be used if they currently drink too much milk or juice.
6. Have various nutrition labels from sweetened beverages available for review. Show how to figure how many teaspoons of sugar are in each one (grams of sugar divided by 4 = teaspoons of sugar). Show them how to check the number of servings per container and how to decide how many teaspoons of sugar they drink.

7. Have a display of a variety of sugar sweetened beverage containers. Offer a list of terms or common words used for sugar in ingredients lists. Help clients identify which of these terms are included on containers of their favorite beverages.
8. Make some spa water using the recipes included in this lesson and provide samples for families to try. Provide them with recipes and discuss ways to encourage children to drink more water rather than sugar-sweetened beverages.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above. For example, ask the client, “how could you and your family change the amount of sugar sweetened beverages you drink?”

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

Evaluation:

The evaluation will consist of interacting with WIC staff as outlined in the Class Outline and Methods section above.

Comments/Other:

The following are links to possible handout materials. Additional materials are available for purchase through National Dairy Council and Noodle Soup.

<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-Handout.pdf>

<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HandoutSpanish.pdf>

<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-Poster.pdf>

http://www.countyofsb.org/uploadedFiles/phd/PCFH/Childrens_MS/CHDP/RETHINK%20YOUR%20DRINK%20HANDOUT%20ENGLISH%206%201%2010.pdf

<http://www.cdph.ca.gov/programs/wicworks/Documents/RethinkYourDrink/WIC-RethinkYourDrink-HowMuchSugarPoster.pdf>

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Lesson Plan Approved By:

Date:

Sample Display Layout—Choose items for your display to support the interactive options you select

Rethink Your Drink

Americans eat more than 100 pounds of sugar a year—much of it from soda and other sugared drinks

Sugar-sweetened drinks can lead to weight gain and tooth decay

Sugar is “hidden” in some drinks people think are “healthy”



To Reduce Sugar-sweetened Drinks:

Drink water, milk, fruit juice, vegetable juice, or unsweetened iced tea

Order the smallest size available of coffee drinks, smoothies or sodas

Keep sugar-sweetened drinks for special times, not every day

Ask for smoothies made without added sugar.

Avoid sports drinks, energy drinks and vitamin waters

Carry a water bottle

Keep cold water in the refrigerator



How Sweet is Your Drink?

What to Look For:



Sugar on the Label

Remember to look for the grams of sugar in your drink. Add up your sugars as you drink them, and aim for less than 36 grams total per day—that is about 9 sugar packets.

“Hidden Sugars” in the Ingredients

This list includes some other names for sugar in the ingredient list. Try to skip products that have these hidden sugars at or near the top of the ingredient list.

Dextrose	Sucrose	Fructose
Molasses	Agave Nectar	Glucose
Corn Syrup	Honey	Fruit Juice Concentrates
Malt Syrup	Cane Crystals	Maltose
High Maltose Corn Syrup	High Fructose Corn Syrup	

Special Drinks for Special Times

Every now and then, special times call for special drinks! Remember, some special drinks contain hidden sugars, and a special drink every day might mean a lot of extra calories. Use these tips to help you and your family make smart drink choices.

Sports Drinks

- ✓ Only for people over 10-12 years old, and who do endurance exercise that lasts more than 60 minutes
- ✓ Not for young children.

Smoothies

- ✓ Order a child’s size if available
- ✓ Ask for the smoothie to be prepared without added sugar

Coffee Drinks

- ✓ Order the smallest size available
- ✓ Avoid extra flavors like vanilla or caramel syrups that add calories
- ✓ Ask for fat free milk and skip the whipped cream

Sugar Shocker Mix & Match Game

Match the product on the left with the amount of sugar on the right by drawing a line from the food to the teaspoons of sugar

Orange Slice Soda-12 Oz	9 teaspoons of sugar
Gatorade—20 oz	13 teaspoons of sugar
Froot Loops Cereal-1 serving	16 teaspoons of sugar
Starbucks Grande Mocha Frappacino 16oz (no whipped cream)	15 teaspoons of sugar
Yoplait Yogurt-6 oz. (flavored, 99% fat free)	8 teaspoons of sugar
Sunny Delight Drink-16 oz.	12 teaspoons of sugar
Rockstar Energy Drink	4 teaspoons of sugar
Snapple Lemonade Iced Tea-16 oz	14 teaspoons of sugar

Sugar Shocker Mix & Match Game

Correct Answers:

Orange Slice Soda-12 Oz	13 teaspoons of sugar
Gatorade—20 oz	9 teaspoons of sugar
Froot Loops Cereal-1 serving	4 teaspoons of sugar
Starbucks Grande Mocha Frappacino 16oz (no whipped cream)	12 teaspoons of sugar
Yoplait Yogurt-6 oz. (flavored, 99% fat free)	8 teaspoons of sugar
Sunny Delight Drink-16 oz.	15 teaspoons of sugar
Rockstar Energy Drink	16 teaspoons of sugar
Snapple Lemonade Iced Tea-16 oz	14 teaspoons of sugar

Spa Water Recipe

Fill a pitcher with cool water. Add ½ cup thinly sliced cucumber and ½ cup fresh mint leaves. Chill in refrigerator.



Try different combinations of flavors:

Thin slices: lemon, lime, orange, grapefruit, cucumber, apple, berries, melon, pineapple, fresh ginger

Fresh whole leaves or sprigs: mint, basil, rosemary, parsley