

Drink Think!



Use the ideas and resources in this booklet to take action for wellness.

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For your convenience, copy ready handouts are included!

Great for parent nights, health fairs, and more!

Family Tips: A Family *Drink Think!*

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Classroom:
Grade Level:
3-5

Activity Idea: Low-Fat 3-A-Day

Drink Think!



Description: Kids will identify lower fat and sugar dairy products as healthier choices.

National Health Education Standards: 1, 2, 3, 5, 6, 7

Things you need: All of the following are optional

- 6 cups shortening
- 3-clear 1- quart containers
- Food labels of milk, milk products and other foods that are identified as high in calcium

Activity:

1. Ask students why they choose the kind of milk they do. Talk about the influence of family, peers, culture, media, technology and other factors. For example, research shows kids like drinking individual servings from plastic bottles rather than from cartons and that the color of the milk package can influence the kind of milk chosen.
2. Ask: "How much of a difference does it make in the kind of milk you choose?" Demonstrate the amount of fat a person would consume by drinking 3 cups of skim milk, 2% milk, or whole milk each day for a month.

3. Have students calculate the fat (or follow your calculations)

Fat Facts

- Amount of fat per cup (8 oz.) serving: Skim milk - 0 g fat; 2% milk - 5 g fat; whole milk - 8 g fat
- 1 cup shortening weighs 205 g (USDA Nutrition Data)

Calculations

- 2% milk: $5 \text{ g fat/cup} \times 3 \text{ cups milk/day} \times 30 \text{ days/month} = 450 \text{ g fat/month}$
 - $450 \text{ g fat/month} \div 205 \text{ g (wt. of 1 cup shortening)} = 2.2 \text{ cups, shortening equivalent}$
- Repeat the calculations for whole milk ($720 \text{ g fat} = 3.5 \text{ cups, shortening equivalent}$)

4. *Optional:* Measure the amount of shortening calculated for each type of milk. Discuss how the visual demonstrates that making lower fat choices each day adds up to make a healthy difference!
5. Explain in spite of the hidden fat in some varieties of milk, drinking milk has significant health benefits. The calcium consumed now, helps kids build bone strength that will affect them for their lifetime!
6. Ask kids to check at home for labels of milk, milk products and other foods that are identified as high in calcium (like calcium fortified orange juice) - or - have the labels available for them to complete the information below:

Food or Beverage Item	Milligrams Calcium per Serving	Grams Fat per Serving	Grams Sugar per Serving

7. Have kids compare the amount of calcium with the grams of fat and sugar and come up with the items that are healthier choices (higher calcium to fat and sugar ratio).
8. Ask kids to set a goal to make lower fat milk and milk product choices.

Note: This lesson can also be used to compare weights and volumes. For example, 1 cup of shortening weighs almost twice as much as 1 cup flour.