



LIVING CLOSER
FOUNDATION

Drink Wars

Grade Level 4-5



[Connection to The Big Race, Pickles and Skippy the Super Roo Film:](#) Throughout the film, both kangaroos made different choices about what they ate and drank. Rex chose soda while Skippy chose water. Encourage students to think about the sugar levels in different drinks and how that energy levels for both Skippy and Rex changed based on the food and drinks they both consumed.

Student Learning Objectives:

I can discover how to make better choices when choosing the right drinks for my healthy lifestyle.

Content Areas Addressed:

Math

Applicable Colorado State Standards:

4th Grade: Mathematics Standard 4:

Appropriate measurement tools, units, and systems are used to measure different attributes of objects and time.

Approximate Time To Complete:

25-30 Minutes (*shorter if you watch the video instead of performing the experiment*).

Materials

Show the short video - Tea Demonstration from www.livingcloser.com, OR

Provide materials to do the experiment with your class

- Bag of Sugar
- Teaspoon
- Cup & spoon
- Tea bag
- 12oz can of coke

Procedure:

1. To begin this lesson, ask students to name some of the types of drinks they like. Write down the answers and make a list somewhere in your classroom for students to see. Have students vote on the list they created for their top three favorite beverages.
2. Tell students we are going to be competing in "Drink Wars" today and they are going to be active participants. *It's going to be your favorite drinks versus water in the fight to see which drink is best for our bodies!*
3. First, you are going to model for students Round 1 of Drink Wars comparing the sugar content of tea versus water.
4. Ideally, you would do this lesson live for students to participate in. In order to do this, you will need the materials listed above. If this is not feasible for you, we have created a video of this very experiment that you can show your class, found on the www.livingcloser.com website.

5. Gather students around for the Drink Wars competition and say, "I need a student to come up and add one teaspoon of sugar to the cup of tea and stir it." Continue - "And what do we say to drinks with high amounts of sugar! Say ShFat That to drinks with high amounts of sugar!"
6. Bring up another student (who hopefully likes tea) and ask if they would drink it with one teaspoon of sugar in it. Most likely they will say "yes".
7. From there, have different students come up and each add another teaspoon of sugar to the cup of tea for a total of 9 more teaspoons into that cup. (10 total)
8. Ask the original child who said they would drink the tea with 1 teaspoon of sugar if NOW they would want to drink the tea with the 10 total teaspoons that are in the cup.
9. Most likely that child will say "no". This will lead to a conversation about how most of our popular drinks have that much sugar or more and we just don't realize we are drinking all of it. For example, show the labels below. A 12oz can of Coke has 10 teaspoons / 39 grams of sugar. That is same amount we just did in the experiment! A 12oz can of Orange Fanta has even a bit more - 11 teaspoons / 44 grams of sugar, while a 16oz bottle of Orange Fanta has 14.75 teaspoons / 59 grams of sugar!
10. Now you will move on to the next round of Drink Wars. This time look online (or bring in the can / bottle) for the nutrition label of the student-voted favorite drink. Have students calculate the amount of sugar in the drink (1 teaspoon= 4 grams) and remind them that water still wins because it has no sugar and is the best drink for your body.
11. Feel free to continue more rounds of Drink Wars until your students realize how important it is to look for the added sugar in what they are drinking.
12. Finally, announce that water is the clear winner in Drink Wars because not only is it sugar-free but it makes your body feel good and gives you energy. Say SHFAT THAT to drinks high in sugar!

Optional Next Steps & Resources:

This lesson can be extended to having students create a bar graph comparing the results of the differing amounts of sugar.

This lesson coincides with the Nutrition Label lesson. You could first teach the Nutrition Label lesson and then use this lesson as an opportunity for students to practice searching for nutrition labels and identifying the amount of sugar per serving.

Students can keep a journal for a week documenting the different drinks they are consuming. They could also track their energy level and see if it changes based on what they are drinking.



Nutrition Facts

Serving Size: 1 Can

Amount Per Serving

Calories 160

% Daily Value*

Total Fat 0g 0%

Sodium 60mg 2%

Total Carb. 45g 15%

Sugars 44g

Protein 0g

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.



Nutrition Facts

Serving Size: 1 Can

Amount Per Serving

Calories 140

% Daily Value*

Total Fat 0g 0%

Sodium 45mg 2%

Total Carb. 39g 13%

Sugars 39g

Protein 0g

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.



Nutrition Facts

Serving Size: 1 Bottle

Amount Per Serving

Calories 220

% Daily Value*

Total Fat 0g 0%

Sodium 80mg 3%

Total Carbohydrates 60g 20%

Sugars 59g

Protein 0g

Not a significant source of fat cal., sat. fat, trans fat, cholest., fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.