

ARTICLE DISCUSSION

LEARNING OUTCOMES

Students gain a more in-depth understanding of the risks associated with drinking too many sugary drinks

SUPPLIES NEEDED

"List of Suggested Readings"

AGE GROUP

Middle School & High School

1. Break students into small groups (2 to 4) and give each group a different article to read.
2. Groups should synthesize the important information in the articles and prepare to give a short, informal presentation to the class. Encourage students to get creative with their presentations by making up a song or a skit.
3. After each group has presented, ask students the following discussion questions to further the conversation:
 - What did they learn about sugary drinks from these articles?
 - After reading these, does anyone plan to change anything?
 - Why do you think it's hard to cut back on sugary drinks?
 - What are some of the easy things we can do to cut back and make better choices more accessible to everyone?

SUGGESTED READINGS FOR ARTICLE DISCUSSION ACTIVITY

Irony Alert: Coca-Cola Ad Says It's Helping to Fight Obesity

January, 2013

Coca-Cola released an ad series acknowledging the health risks, such as obesity, associated with their products. The ad is ironic, however, and shifts blame off of Coca-Cola, claiming that "all calories count, no matter where they come from."

Why Coke and Pepsi Will Talk Obesity, but Not Diabetes

November, 2013

While Coke and Pepsi have addressed the obesity issue, neither seems to want to talk about the risk of diabetes associated with their products. A recent Georgetown University study explains why.

How far will Big Soda go to keep people from drinking water?

February, 2014

Sports drinks vs. water: how the big soda companies convince consumers that water is not good enough, when in reality, most of us are not active enough to need electrolyte-replenishing beverages such as Gatorade.

Coca-Cola giving \$1.5M to S.A. for health and wellness

June, 2013

PHI and BMSG Statement on In-School Marketing Guidelines

February, 2014

Cash-strapped public schools might be eager to accept large donations from companies such as Coca-Cola, but should unhealthy items such as soda really be advertised in a school? The White House says no. (Two articles)

New Risk Associated with Diet Soda: Depression

January, 2013

While diet soda has long been thought of as a healthy alternative to regular soda, studies have shown that this conception is just plain wrong. Besides the low nutritional value of these diet sodas, a recent study linked overconsumption of diet beverages to depression.