

# 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.