RETHINK YOUR DRINK

LEARNING OUTCOMES
Students learn how to pick a better beverage using the Better Beverage Finder

SUPPLIES NEEDED
Computers, poster board

HANDOUT
"What drinks we have in our homes"

SHOPPING LIST
"My Better Beverage Shopping List"

AGE GROUP
Elementary School & Middle School

1. On the day before this lesson, ask students to take inventory of all the beverages they have in their homes as pre-homework
2. In class, make a list categorizing the drinks that students found (sodas, sports drinks, juices, water, etc)
3. Discuss the problems with sugary drinks and what we can do about it (i.e. Rethink Your Drink)
4. Teach students how to use the Better Beverage Finder tool using their own computers or demonstrate on a projector screen
5. Give students the opportunity to choose a few drinks they would like to try from the Better Beverage Finder - create a shopping list to take home
6. Throughout the year, students can bring in labels from beverages and run them through the "Check Your Drink" feature on the Better Beverage Finder
7. Students will find out which of their beverages are better and which are not
8. Once they have decided, students can tape their label to the "Sugary Drinks" or "Better Beverage" poster boards in class

WHAT DRINKS WE HAVE IN OUR HOMES

List the brand name of all the drinks you find in your home.

Sodas	Sports Drinks	Juices	Water (Still or Sparkling)	Other (Milk, Tea, Coffee, etc.)

MY BETTER BEVERAGE SHOPPING LIST

Record at least five drinks from the Better Beverage Finder that you would like to try.

Name of Beverage	Calories (per serving)	Sugar (grams)	Where it's Sold