**Supplies**

**Display Material**
- Sugar poster

**Fuel You Up Smoothie**
- 2 cups fresh spinach
- ½ cup ice cubes
- 1 cup fat-free milk
- ½ cup 100% apple juice
- Small drinking cups

**Sugar Detectives**
- Label lingo handout
- Empty soda cans and juice boxes

**Fizzy Drinks**
- Orange juice
- Selzer water
- Drinking cups

**Lead volunteer**

1. Welcome kids to the “Drink Smart” station. Divide them evenly into groups among the volunteers.

2. Explain the importance of limiting sugar in your diet. Why is sugar bad?
   a. It doesn’t have any nutritional value.
   b. It causes tooth decay (so rinse your mouth with water after eating or drinking something sugary)
   c. Eating or drinking too much can cause obesity, which increases the risk of getting diabetes and other health problems.

3. How much sugar can kids eat or drink per day? The American Heart Association recommends that kids limit their sugar intake to 5-8 teaspoons per day.

4. There are two types of sugars – added sugar, which is used as an ingredient in foods and drinks, and naturally occurring sugar in fruits, vegetables and dairy products. Sugars from natural ingredients can be better processed by our bodies and come from foods that contain vitamins, minerals and fiber. Added sugar, or refined sugars, does not give the body any other nutrients and will often leave you hungry again.

5. For a sweet snack, enjoy a healthy fruit smoothie. Demonstrate the Fuel You Up Smoothie.

6. Move into group activity to further to be sugar detectives and investigate how much sugar is in common drink containers…
Group volunteers

1. Each group will have a few empty soda and beverage containers on the table.
2. Pass out and review the “Label Lingo” handout.
3. Ask the kids which of the empty soda and drink containers they commonly drink. Ask them if they think it will be high in sugar. Encourage them to read the Nutrition Facts panel to see the grams of carbohydrate/sugar. Look at the ingredient list to see where the sugar comes from.
4. Clarify the difference between one serving and the total number of servings in the container.
5. Explain how to determine the equivalent number of teaspoons of sugar in the entire beverage container.
   a. 4 grams of sugar = 1 teaspoon
   b. Grams of sugar per serving / 4 = teaspoons per serving
6. Ask kids to scoop the number of teaspoons of sugar just calculated for their drinks into an empty plastic cup. Discuss the results and discuss impressions. Point out that some drinks with sugar can provide important nutrients, such as chocolate milk and fruit juice, but these should be limited.
7. Create your own fizzy drinks – fill glass with ½ orange juice and ½ seltzer water.
8. Explain that it’s important to give new foods a try – you never know what you might like! Sometimes you need to try new foods more than once to get used to the taste and decide if you like it. People’s tastes also change over time – next year you might like a food that you didn’t like today. (this message will be reinforced at every station)
Label Lingo
Use the label to guide your food choices.

Watch out! Make sure you know how many servings are in each package.

Look for foods with less saturated fat and no trans fat.

Look for foods with more fiber and less sugar.

Nutrition Facts
Serving Size 1 1/4 cups (322g)
Servings per Recipe 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
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| Calories           | 220 | Calories from Fat 30%
| % Daily Value*     | 5%  |
| Total Fat          | 3.5g| 5%
| Saturated Fat      | 0.5g| 3%
| Trans Fat          | 0g  |
| Cholesterol        | 15mg| 5%
| Sodium             | 670mg| 28%
| Total Carbohydrate | 39g | 13%
| Dietary Fiber      | 9g  | 36%
| Sugars             | 5g  |
| Protein            | 9g  |

Vitamin A 15% • Vitamin C 70%
Calcium 6% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.