

# Drink Journal

Action Schools! BC

## Sugary Drinks Extension Activity

Students will begin to track the drink choices they make, thus increasing awareness of their own beverage consumption.



4 - 7

Sugary Drinks

### USED BY:

- Grade 4 activity *Sugar Shocker*
- Grade 5 activity *Drink Check*
- Grade 6 activity *Caffeine Check*

### PREPARATION

- Review the *Sugary Drinks* section of the *Healthy Eating Overview* (included with this activity).
- Copy one *Drink Journal Handout* (included with this activity) per student.
- Review the Sip Smart! BC™ *Drink Diary Calculator* (<http://bcped.ca/Programs/showcontent.aspx?MenuID=3373>)
- **Optional:** Collect sample beverage containers to demonstrate different beverage sizes to students (Small = 250 ml or less; Medium = 251-591 ml; Large = 592 ml-1 litre; Extra Large = more than 1 litre), or use Sip Smart! BC *Drink Cut-outs* for the same purpose.

## IMPLEMENTATION

- Have students recall what they drank yesterday using the Drink Journal handout, and as a group review their findings:
  - **Q:** What do they typically drink at breakfast, lunch, dinner, and in between meals?
  - **Q:** When drinking juice, how much (e.g. a full cup, half cup, a full juice box) are they usually drinking?
  - **Q:** How many times per day are they choosing water or milk? Juice? Pop? Other drinks?
- Discuss drink sizes with students, providing them with examples of various drink sizes using real containers, or Sip Smart! BC™ drink cut-outs.
- As a follow up to this activity, download the Sip Smart! BC™ *Drink Diary Calculator* (excel spreadsheet) and enter students' types and sizes of drinks. Once results are entered, summary information is automatically calculated. Reporting and discussing these results with students will help to increase their awareness of their own drinking patterns.
- Consider setting related goals as a class and repeating the activity later in the school year. The same calculator can be used to track any changes that result from the lesson activities.

*Adapted from: Sip Smart! BC™*

## RECOMMENDED RESOURCES

- Sip Smart! BC™ (<http://bcpeds.ca/Programs/sipsmart.aspx?MenuID=3347>)
  - Sip Smart! BC™ Drink Diary Calculator
  - Sip Smart! BC™ Drink Cut-outs
- HealthLink BC ([www.healthlinkbc.ca](http://www.healthlinkbc.ca)) Call 811 and speak with a registered dietitian
- BC Ministry of Education – Guidelines for Food and Beverage Sales in BC Schools (F) (<http://healthyschoolsbc.ca/program/395/guidelines-for-food-and-beverage-sales-in-bc-schools>)

NAME \_\_\_\_\_

# Drink Journal

Think back to everything you drank yesterday. Use the chart below to record what you drank, and how much.

WHEN	TYPE OF DRINK	CIRCLE THE SIZE OF YOUR DRINK				HOW MANY
Breakfast		S	M	L	XL	
		S	M	L	XL	
Recess/Break		S	M	L	XL	
		S	M	L	XL	
Lunch		S	M	L	XL	
		S	M	L	XL	
After Lunch		S	M	L	XL	
		S	M	L	XL	
Dinner		S	M	L	XL	
		S	M	L	XL	
After Dinner		S	M	L	XL	
		S	M	L	XL	

DRINK SIZES:

S	M	L	XL
SMALL	MEDIUM	LARGE	EXTRA LARGE
250 ml or less	251-591 ml	592 ml-1 litre	more than 1 litre

## Drink water – it's always a great choice!

Inspired by: Sip Smart! BC™

# SUGARY DRINKS OVERVIEW

This section of the *Healthy Eating Overview* will explain what is meant by ‘sugary drinks’, provide tips and tools for assessing popular drinks and share information relating to the levels of caffeine found in many of these drinks. Find the complete *Healthy Eating Overview* at [www.actionschoolsbc.ca/resources](http://www.actionschoolsbc.ca/resources).

## KEY MESSAGES

Some drinks don’t fit into the four food groups in *Eating Well with Canada’s Food Guide* or *Eating Well with Canada’s Food Guide – First Nations, Inuit and Métis*.

- Sugar is a major ingredient in many popular drinks.
- Knowing what is in drinks helps us to make healthy choices.
- The number and size of servings we drink affects the amount of sugar we consume.
- Drinking sugary drinks “bumps out” nutritious drinks.
- Some ingredients in sugary drinks other than sugar, such as acid and caffeine, may damage our health.
- Drink choices can be influenced by various factors, including family, friends, and the media.
- We can decide for ourselves to make healthy drink choices.
- Drink water – it’s always a great choice!

*Adapted from: Sip Smart! BC™*

## What Are Sugary Drinks?

### Added Sugars



Sugary drinks are drinks (carbonated or not) that contain added sugars. These can include:

- Pop or soft drinks
- Energy drinks
- Hot chocolate
- Store-bought smoothies
- Slushes
- Fruity drinks (e.g., “punches”, “cocktails”, or “ades”)
- Sports drinks
- Flavoured or vitamin-enhanced waters

Added sugars are sugars and syrups that are added to drinks or food during processing (e.g., sugars added to soda by the manufacturer) or preparation (e.g., sugars added to a cup of coffee after it was bought at the coffee shop). Sugary drinks often have little to no nutritional value. For examples, children and adolescents who drink pop regularly are more likely to have lower intakes of calcium and other nutrients.

Sugary drinks are heavily marketed, available in many locations, and often displayed at the eye level of children. These drinks can contribute to unhealthy weight, which puts a child at increased risk of high blood pressure, heart disease, type 2 diabetes, cancer and other health problems. A healthy weight, on the other hand, supports the mental, physical and social health and well-being of individuals, families and communities.

## Naturally Occurring Sugars

Naturally occurring sugars are no different from added sugars in terms of their effects on the body. However, because drinks with naturally occurring sugars often contain important nutrients, they can be consumed in moderation as part of healthy eating. Some drinks with naturally occurring sugar are 100% fruit juice (contains fructose), and plain milk (contains lactose).

### Hidden Sugars



Hidden sugars are other names for added sugars that might not sound or look like sugar. These include: sucrose, dextrose, maltose, galactose, liquid glucose-fructose, invert sugar, raw cane sugar, brown sugar, corn sweetener, high-fructose corn syrup, rice syrup, fruit juice concentrates, honey, malt syrup, and molasses.

### Juice and Fruity Drinks



The difference between 100% fruit juices and “fruity drinks” (e.g., “fruit beverages”, “fruit drinks”, “fruit cocktails”) can be a difficult concept for students to grasp, but is a very important teaching point. Although the majority of added sugar consumed by students often comes from these drinks, they – and often their parents – may not know the difference between 100% fruit juice and fruity drinks.

100% fruit juice contains some of the natural vitamins (such as vitamin C, potassium and B-vitamins) found in fruit. However, fruit juice still contains a lot of concentrated sugar, and has the same effect on teeth as other sugary drinks. For this reason, children should have no more than 1 serving (125ml, 1/2 cup) of 100% fruit juice daily. A healthier alternative to 100% fruit juice would be a glass of water and a piece of fresh fruit, which provides all the vitamins, minerals, and fibre naturally present, but with much less sugar. Juice is not a necessary part of a healthy diet. Fruits and vegetables are!

### What About Artificial Sweeteners?



In keeping with the Guidelines for Food and Beverage Sales in B.C. Schools, drinks sweetened with artificial sweeteners such as aspartame, acesulfame potassium and sucralose are not allowed for sale in elementary and middle schools. Just like sugary drinks, artificially sweetened drinks get children used to sweet-tasting, non-nutritious items. They provide none of the nutrients that a child’s growing body needs to be healthy and strong, and can bump healthy foods and drinks out of a child’s diet. These drinks may also contain artificial sweeteners in amounts that exceed the acceptable daily intake (ADI) for children.

## Energy Drinks



Energy drinks contain as much or more added sugar than cola, are high or very high in caffeine, and often contain potentially harmful additives. Energy drinks are often marketed with images of extreme sports such as competitive downhill skiing, biking, snowboarding and skateboarding, with the implication that these drinks boost performance. Others, with flashy packaging and enticing names are designed to directly target the youth market.

Energy drinks are very high not only in sugar, but also in caffeine. For example, a 500mL can of a typical energy drink contains 160mg of caffeine. That is more than double the suggested daily caffeine maximum for a 7-12 year-old child.

Many energy drinks also contain stimulant herbs or other substances such as guarana and taurine. These additives are often listed misleadingly as “medicinal ingredients” on energy drinks, when in fact they are untested and potentially harmful, especially for children. Like sports drinks, energy drinks also tend to contain artificial flavours and/or colours.

When consumed in large amounts, or when combined with alcohol, energy drinks have been linked to serious health effects such as irregular heart function, nausea and vomiting, and electrolyte disturbances. Energy drinks can also interact with some medications.<sup>1</sup>

## Milk, Flavoured Milk and Other Beverages Made With Milk



Milk and milk alternatives (e.g., unsweetened fortified soy beverage) are the main source of calcium and Vitamin D in most Canadian diets. Both calcium and vitamin D help build and maintain strong bones and teeth. Plain milk is also a source of protein, vitamin A and riboflavin.

One cup (250mL) of plain milk = 1 serving from the Milk and Alternatives food group in *Eating Well with Canada's Food Guide* and in *Eating Well With Canada's Food Guide – First Nations, Inuit and Métis*. Children aged 4-13 should aim for 2 to 4 Food Guide Servings of Milk and Alternatives each day.

Adding vanilla, chocolate, strawberry and other flavours to plain milk can add a lot of extra sugar. It is best to offer children plain (not flavoured) milk regularly so they learn to enjoy it. If making flavoured milk at home, add a small amount of syrup or powder. Less is best.

### Drink water – it's always a great choice!

Adapted from: *Sip Smart! BC™*



### References:

1. Sip Smart! BC™ (<http://healthyschoolsbc.ca/program/298/sip-smart-bc>)