Be Strong! Get your calcium-rich foods!

Label Line Up

Objective:
- Students will be able to investigate how to get the most nutrition in their beverage choices.

Materials Needed:
- Think Your Drink Handout (attached)
- Copies of Think Your Drink Handout so each student gets a square cut out from the sheet (chocolate milk w/nutrition information, white milk w/nutrition information, fruit punch, etc. to use as the students drink profile.)
- Sample bottles and cartons

Lesson Introduction:

1. Discuss with students types of beverages they may enjoy drinking. Show sample bottles and cans. Generate a list on the board.
   Ask students if they ever take the time to read the labels for nutritional value? Is this important? Drinks are especially important because we do not always realize the amount of calories from fat and sugar in these items.
2. Discuss with students comparing nutritional information about different beverages including foods from the milk group.

Activity:

1. Divide students into groups of eight (1 square/drink profile, cut out from the "Think Your Drink" handout, per student.) Distribute one beverage square to each student in each group.
2. Without speaking, students must line themselves up, within their groups, in order from the most to least amount of calcium. After they are lined up have the students say which beverage they have.
3. Next have students regroup and line up from least to most amounts of added sugar in their drink, without speaking.
4. Share with the class. Students will begin to see the nutritional value of milk versus sports drink and cola.

Reflect:

Have students sit on the floor. Based on the drink profile, do the following:

1. If your beverage contains protein and vitamins stand. Discuss how milk is a nutrient-dense beverage that is a great part of a balanced eating plan. Explain that a portion of the sugars listed for chocolate milk are a natural sugar found in milk products, lactose. Another example of natural sugar is fructose, found in all natural fruit juice and whole fruit.
2. If your beverage contains calories, but no protein or vitamins, raise your right hand. *(cola, diet cola, sports drink)* Discuss why soft drinks and sports drinks provide calories with few nutrients. Drinking too much of these provides calories without nutrients and can cause an energy imbalance. When would sports drink be appropriate?
3. If your beverage contains 8% carbohydrates or more, stay seated on the floor. *(regular cola, fruit punch)* Discuss why regular soft drinks and fruit drinks contain few nutrients while providing calories and sugar. They usually contain about twice as much sugar as sports drinks. (Note to teacher: "fruit drinks" are made with less than 100% fruit juice and have added sugar.)
4. If your beverage contains no calories, protein or vitamins, lie on the floor (diet cola). Discuss how diet soft drinks offer little for your body. They provide some fluid, imitation sweeteners and caffeine. For a refreshing beverage try water.

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Apply:

- Distribute "Think Your Drink" handouts to students.
- Have students write a personal goal about making healthier drink choices.

Extend the Activity:

- **Language Arts:** Have students write about what surprised them most about the beverages they compared. What is one thing they could tell others to help them choose the more nutritional drink of low-fat milk over cola and sports drinks?
- **Math:** Have students pair up according to their drink profiles.
  - Skim or nonfat milk with regular cola
  - 1% milk with diet cola
  - Chocolate milk with sports drinks
  - Sports drinks with orange juice

Have each pair compare their squares and decide which is a better choice. Present to the class their findings. Have students tell about specific numbers. For example, skim milk has...and regular cola has…

Go low-fat or fat-free when you choose milk, yogurt, and other milk products. Get 3 cups every day! (for kids aged 2 to 8, it's 2 cups)

Ask your BASICS Nutrition Educator about incentive items or stickers to accompany this lesson.

THINK YOUR DRINK!

When it comes to nutrition, not all drinks are created equal.

MILK

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **1**
Calories 83

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	13g	4%
Protein	8g	17%
Vitamin A		10%
Vitamin C		0%
Vitamin D		25%
Calcium		30%

CHOCOLATE MILK

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **1**
Calories 158
3 tsp. added sugar

		% DAILY VALUE
Total Fat	2.5g	4%
Total Carbohydrate	26g	9%
Protein	8g	16%
Vitamin A		10%
Vitamin C		4%
Vitamin D		25%
Calcium		30%

COLA

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **2.5**
Calories 150
6 tsp. added sugar

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	22g	8%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		0%

DIET COLA

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **2.5**
Calories 0

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	0g	0%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		0%

100% ORANGE JUICE

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **1.5**
Calories 110

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	25g	8%
Protein	0g	0%
Vitamin A		9%
Vitamin C		143%
Vitamin D		0%
Calcium		2%

FRUIT PUNCH

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **1**
Calories 120
7 tsp. added sugar

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	30g	10%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		2%

BOTTLED WATER

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **1.5**
Calories 0

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	0g	0%
Protein	0g	0%
Vitamin A		0%
Vitamin C		0%
Vitamin D		0%
Calcium		0%

SPORTS DRINK

Nutrition Facts

Serving Size 1 cup = **8 oz.**
Servings Per Container **2**
Calories 66
3.5 tsp. added sugar

		% DAILY VALUE
Total Fat	0g	0%
Total Carbohydrate	16g	5%
Protein	0g	0%
Vitamin A		0%
Vitamin C		2%
Vitamin D		0%
Calcium		0%

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THINK YOUR DRINK!

GET ALL THE FACTS!!!!

Take a closer look. The **Nutrition Facts** *Food Label offers information to you about what you are eating!*

START WITH SERVING SIZE!

The label gives both the serving size and number of servings in the package. Remember, the serving size (amount for one serving) on the label is not necessarily all the food or beverage in the container. Be sure to compare your portion to a serving size on the label.

If a label serving size is 1 cup and you drank 2 cups, you consumed twice the amount of calories and other nutrients listed.
Example: 20 oz of Cola is 2.5 servings!

8 oz = 1 serving | 12 oz = 1.5 servings | 16 oz = 2 servings | 20 oz = 2.5 servings

NOTE THE NUTRIENTS!

Of all the nutrients in food, only a few are listed on the label -- those that relate to today's most important health issues.

- For **Fat, Saturated Fat, Trans Fat, Cholesterol,** and **Sodium**, try to limit how much you consume from a variety of foods to 100% Daily Value (DV) or less for the day.
- For **Fiber, Vitamins A and C, Calcium,** and **Iron**, try to consume a variety of foods that add up to 100% DV per day. Check the label!

Be aware that 100% DV may or may not be the optimal amount recommended for you. For example, on food labels, the DV for Calcium is 1,000 milligrams, the Dietary Reference Intake (DRI) recommended for adults up to fifty. However, teens are urged to consume 1,300 mg of calcium daily, and for adults over age fifty, the advice is 1,200 mg daily.

Depending on your age, gender, and activity level, you may need more or less than 100% DV. Visit **www.mypyramid.gov** for more information.

STEP 1:

Grab a drink and fill in the Nutrition Facts label with information from your container.

Start Here

Nutrition Facts

Serving Size ___
Servings Per Container ___

Amount Per Serving
Calories ___ Calories from Fat ___

		%Daily Value
Total Fat	___ g	___ %
Saturated Fat	___ g	___ %
Trans **Fat**	___ g	___ %
Cholesterol	___ mg	___ %
Sodium	___ mg	___ %
Total Carbohydrate	___ g	___ %
Dietary Fiber	___ g	
Sugars	___ g	
Protein	___ g	

Vitamin A ___% • Vitamin C ___%
Calcium ___% • Iron ___%
Vitamin D ___%

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

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Sat Fat	Less Than	20g	35g
Cholesterol	Less Than	300g	300mg
Sodium	Less Than	2,400g	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Limit these Nutrients

Get enough of these Nutrients

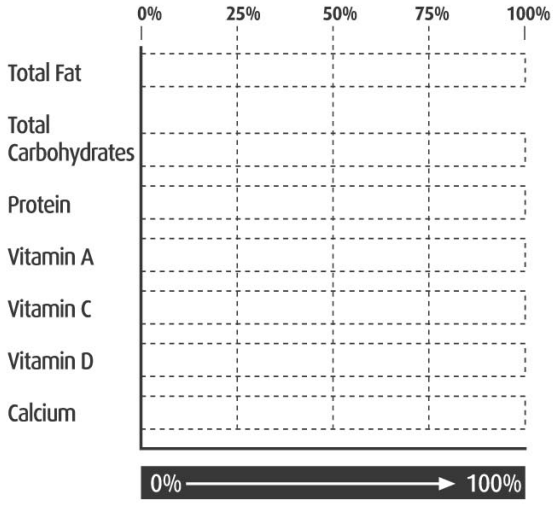
Quick Guide to % DV
- **5% or less is Low**
- **20% or less is High**

STEP 2:

Graph the % Daily Value nutrients in your drink.

This is where you'll see if your drink has little or many nutrients. These percentages give you a general idea of how one serving contributes nutritionally to a 2,000 calorie-a-day diet.

Remember that % DV refers to a whole day, not to a single meal or snack.



STEP 3:

So what do you think? Is this drink a good source of nutrients?

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