

# What's in My Cup? - Healthy Drinks for Kids

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This lesson plan is provided in two different learner-centered education methods - facilitated group discussion and individual counseling.



## Facilitated Group Discussion:

Facilitated group discussions are an interactive form of learner-centered group education where the learners discuss a specific topic and share their questions and knowledge with other group members.

**Target Audience:** parents and caregivers of children ages 2 to 5 years

## Goals:

This session is offered to encourage families and children to adopt healthy drink habits with:

- An easy plan for healthy drinks
- Ways to make small changes to current routines
- Ideas to make healthy drinks fun

## Learning Objectives:

- Recognize why healthy drinks are important
- Name what drinks are recommended for 2 to 5 year old children
- Identify 'Added Sugars' on a Nutrition Facts label
- Name 1 new idea they will try

**Time:** 20 to 30 minutes; time depends upon the number of participants, and how much discussion there is.

Ask open-ended questions throughout the class, allow time for responses and affirm responses.

Try to share ideas and responses with the entire group. However, if the group is too large for a discussion, break up into groups of 2 to 4 for sharing activities and the optional label reading activity.

Small groups can discuss questions among themselves and share with the larger group.

## Procedure:

### Set-up:

- Chairs placed in a semicircle
- Table with bulletin board, flip chart, binder of paper or box
- Title of lesson plan written on the top of the bulletin board, flip chart, binder of paper or box - "What's in My Cup? Healthy drinks for 2 to 5 year old children"
- Question written on the bulletin board, flip chart, binder of paper, or box - "What idea will you try?"

### Materials:

- What's in My Cup? books
- For optional activity: Clean, empty sugar-sweetened beverage containers, calculators, pencils and paper
- Coloring sheets and crayons



### **Methods for sharing participants' ideas (choose one):**

- Flip chart on a stand or bulletin board, small cards and pins or tape, pens or markers
- Binder of white paper that participants can write their ideas on and pens
- Box for ideas, small cards and pens

### **Key Content Points:**

- What your child drinks from birth to 5 years has a big impact on your child's health and growth. Too much added sugar from sweet drinks can lead to health problems during childhood and later in life.
- Your child learns healthy habits by watching you and others. Your child will want to drink what you are drinking!
- Try this plan for drinks every day: Milk at meals; Water in between meals; Every once in a while, a small cup of juice.
- Use the Nutrition Facts Label to know if a drink has added sugars.
- Healthy drinks can be fun and easy!

## **Lesson Overview:**

### **1) Welcome**

- Introduce self and the topic, for example- *"Hi, my name is Carol and today we are going to talk about healthy drinks for kids. We will share ideas to make healthy drinks fun and discuss ideas to make healthy drinks part of your child's everyday routines."*
- If children are present, give coloring sheets and crayons to color during the class.

### **2) Why are healthy drinks important?**

- We often talk about healthy food and the importance of offering a variety of foods for your child. Today we will be focusing on what drinks are offered to children. Ask participants: *"Why do you think that what your child drinks is as important as what they eat?"* Let the group share their experiences and ideas.
- Many children drink a lot of sugary drinks. Too much added sugar from sweet drinks can lead to health problems during childhood and later in life, like: overweight and obesity, high blood pressure, high cholesterol and heart disease, diabetes, cavities and poor nutrition.

### **3) What should your child drink?**

- Ask participants: *"Why do you think it is so common for kids to want sweet drinks?"* Let the group share their experiences and ideas.
- With so many bright and colorful drink options at the grocery store, corner store and gas station, it can be hard to know what is a healthy choice for young, growing children.
- Young children who are given sweet drinks at an early age develop a taste preference for them. The good news is that young children can learn healthy habits. You can help your child develop a taste for plain water and other healthy drinks. This is a healthy habit that can last a lifetime!
- Here's an easy plan for healthy drinks: Milk at meals; Water between meals; Every once in a while, a small cup of juice.
- Your child learns healthy habits by watching you and others. Your child will want to drink what you are drinking! This plan is healthy for kids of all ages, and adults too!
- Let's talk about how much to offer your child, and why these drinks are the best choices.
  - Give the What's in My Cup? book to participants. Review recommendations for milk, juice and water. Use pages 4 - 9 as a reference.



#### 4) Read the Nutrition Facts label.

- For most children, the biggest source of added sugar is not from foods they eat. It's from sweet drinks! Fruit drinks, sports drinks, lemonade and soda are the biggest source of added sugar for most Americans.
- Ask participants: *"Does anyone have experience reading a Nutrition Facts label? Have you ever looked at sugar listed on the Nutrition Facts label?"* Let the group share their experiences.
- Use page 12 in *What's in My Cup?* to look at a Nutrition Facts label and identify 'added sugars' or use the optional activity to practice reading labels and understanding how much added sugar is in a food or drink.
- Ask participants: *"Can you imagine adding that many teaspoons of sugar to a cup? Are you surprised by what you found?"* Let the group share their thoughts.

**Optional Activity:** Practice reading the Nutrition Facts labels on sugar-sweetened beverage containers. To use this optional activity, have a variety of sweetened beverage containers available. Provide calculators or instruct participants to use a calculator app on their phones.

**Introduce the activity, for example-** *"We are going to practice reading Nutrition Facts labels, so you can be a savvy shopper and learn how to identify drinks that are high in added sugar."*

1. Find a beverage container.
2. Find the Nutrition Facts label.
3. Can you find the line for 'Total Sugars?' Below that is a line for 'Added Sugars.'
4. How many grams of added sugar do you see?
5. We can divide by 4 to figure out how many teaspoons of sugar are added to that drink. Provide calculators or instruct participants to use a calculator app on their phones. Help participants check the 'serving size' and do additional calculations if needed.

#### 5) Ideas for fun, healthy drinks!

- Plain water, milk and a little juice might sound boring... but it doesn't have to be! Let's talk about easy ideas for making healthy drinks fun.
- Ask participants: *"What ways have you tried to encourage your child to drink more water, or to help remind yourself to drink more water?"* Let the group share their experiences and ideas. Use *What's in My Cup?* page 9 to share more ideas.
- Ask participants: *"What ideas have you heard about or tried for making water more fun and exciting for kids (or adults)?"* Let the group share their experiences and ideas.
- Use *What's in My Cup?* pages 7, 10, 11 and 13 to share more ideas. Ask participants to look through the book and choose a tip or idea they'd like to try with their family. Ask participants, *"What idea will you try?"* Let the group share their ideas.
- Ask participants to write their idea on a small card or piece of paper.

**Evaluation:** Participants will state at least 1 idea or tip that they will try at home to encourage their child and other family members to drink more water and choose healthy beverages.

