

Priority Standards:

- 7.3N - SELECT healthy beverages.
- 1.5N - DESCRIBE the benefits of drinking water in amounts consistent with current research based health guidelines.

Estimated Total Time:
6 hours 45 minutes

Supporting Standards:

- 1.4N - List the benefits of healthy eating (including beverages and snacks.)
- 8.1N - Practice making healthy eating choices with friends and family.

[Teacher Feedback Form](#)

	Teacher Will...	Student Will...	Task	Resources
Learning Progression 1 Estimated Time: 1 hours	Begin by lining up 5 different beverages. These beverages may include orange juice, sports drink, juice box, can of soda and water. On a piece of paper or white board have students label and try and predict which ones have the least to the most amount of sugar in them. After students have made their predictions, teachers will pour teaspoons of sugar into clear cups/containers to show how much is actually in each of the 5 beverages. (You may use the attached handout for reference. Sugar in Drinks - reference chart). After this activity students will line up and order the drink from actual Least to Most amount of sugar and discuss what they noticed and what may have surprised them. Use this handout for Quick Check/Task	IDENTIFY how to select a health beverage UNDERSTAND how much sugar is in different types of beverages	Students will make predictions to try and figure out which beverage has the least to the most amount of sugar in them. After they have made their predictions they have to discuss why they chose them in the order that they did.	Sugar in Drink - chart Quick Check #1
Learning Progression 2 Estimated Time: 1 hour	Begin by talking about how water is the healthiest beverage we can drink. It helps with hydration, rid our body of toxins and helps our joints. Share with students how sugary drinks are also not as good for our teeth. For this lesson please prepare 3 hard boiled eggs in advance. Talk to the class about how the outer shell of an egg is similar to tooth enamel. As a class you will place a hard boiled egg in a cup of water, one in a cup of soda and one in a cup of colored sports drink (or other drink of choice.) Let the eggs sit for a day or two and make predictions on a class chart about what will happen to each egg. After a day or two chart and discuss the observations from each of the eggs. Talk about what students noticed and how sugary drinks can stain, erode and cause plaque to build up on your teeth. This can also lead to cavities and other problems with your teeth if you drink too much of these sugary drinks or don't brush and remove the build up from your teeth. Use this handout for students to complete: Quick Check/handout	IDENTIFY how water is the best beverage to drink and also helps prevent tooth decay.	Students will predict what will happen to the eggs over the two days. They will observe hard boiled eggs put in water, soda and sports drink over the course of two days. They will get to record their observations and discuss	Quick Check #2
Learning Progression 3 Estimated Time: 1 hour	Begin by discussing how important it is to drink water each day. Talk about health guidelines and how one should be drinking half their weight in OZ of water each day. Students will learn how to "rev their bev" and make their water more flavorful. For this activity students will get 3-5 small paper cups of water. Teachers will have various droppers available and pre squeezed/cut up fruits on display for kids to put in water cups. (I.E. Lemons, strawberries, oranges, cucumber, mint, watermelon, berries,etc.) As a class you can do a "taste test" and rank which flavored water you like from most to least. After the taste test activity is complete, have the students share with a friend which one they like the most, which one they are going to try and make at home and why it is a better option than a sugary drink. Use this handout for students to complete task: Quick Check/handout	IDENTIFY how to select a health beverage DEMONSTRATE ways that you can make your water taste more flavorful		Quick Check#3

End of Unit Assessments

	Prompt	Students Tasks
<p>Performance Task</p> <p>Estimated Time: 3 hours</p>	<p>Engaging Scenario: You have been asked by the San Diego Padres to present a commercial convincing its patrons why water is the healthiest thing you can drink. If your ad is selected they will air it at the next home game on the big screen. You will perform tasks to discover amazing facts and benefits about drinking water before other options.</p>	<p>Task #1 As a group students will select up to 5 different beverages. (i.e. - water, soda, fruit/juice box, oj, milk and sports drink.) They will take these 5 different beverages and create a poster comparing them to water by showing how much sugar is in each.</p> <p>Task #2 In groups students will give a presentation to peers on why sugary drinks are not just bad for your body but also your teeth. They will create a poster of their findings from the “Egg in soda, sports drink and water” activity.</p> <p>Task #3 In groups students will create a poster and share what their favorite flavored infused water is and explain why they like it.</p> <p>Task #4 In groups, students will create a skit/commercial about why water is the most important thing they can drink. They will use their posters (from Task #1-3) in their presentation and try to convince their peers to drink water over other sugary beverages. The class will vote on each group's skit/commercial.</p>
<p>Short Constructed Response</p> <p>Estimated Time: 45 minutes</p>	<p>You are at a friend's house and just got done playing and jumping on your friend's trampoline. You and your friend are really thirsty from all that jumping and out of breath. You both go inside to ask for something to drink. Your friend's mom says that they have orange juice or Gatorade. Please politely share with your friend and their parents how you would rather have some water and why. Write a letter to your friend and their parents telling them why you would rather have water and the healthy benefits of why selecting this beverage over others is the best choice.</p>	