



UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY/SUPPLEMENT

PURPOSE

Participants will be able to:

- Read Nutrition Fact labels to be aware of the volume of nutrition, food energy (or calories), sugar, and other substances in liquids they choose to eat.
- Use food labels to make informed and healthy food choices.
- Determine the amount of sugar in common beverages.

SUPPLIES/EQUIPMENT NEEDED

- Variety of popular drinks in their original container (Gatorade, soft drink, juice, milk, energy drink, tea, water, Kool-aid, pouch drink, juice box, lemonade, etc.)
- Option 1—Test tubes labeled and filled with the amount of sugar contained in the popular drinks selected for the activity.
- Option 2—When possible - empty, clean and completely dry a duplicate drink container, same as those

(Continued on page 2)

MORE THAN SWEET

Natural and refined sugars are not metabolized the same way. Your body can more easily break down natural sugars and turn them into energy. Sugar = Carbs = Energy. Refined sugar is harder for your body to process and uses it as a last resort for energy. So if you aren't working out and using up all the calories you took in for the day, that refined sugar is going to sit there and stay on your hips, thighs and or stomach.

TIME NEEDED

One on	15
One	minutes
Group	30-45
Setting	minutes

Before you Start

Review <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM/ucm274593.htm> before leading this unit.

GET FIT 4 LIFE STATION

The station for this lesson is about sugar in drinks. Display the sample drinks, empty drink containers with sugar, and test tubes with sugar in the Get Fit 4 Life Equipment/Supply Kit on a table. Copy page 5 in this lesson or use laminated copies provided in the kit. Copy page 6 and place on the table (a laminated copy is in the kit).

Unit—**Is the Glass 1/2 Full or 1/2 Empty****ACTIVITY**

1. Introduce/review the food label and how to read it to participant. Refer to What's Up With the Label lesson.
2. Hand the participant worksheet, pencil and a "popular" drink to each participant. Let them fill out the worksheet, supplying help only when necessary.
3. When they are through talk them through the "Process/Evaluation" and then pull out the test tube/bottle containing the granulated sugar so they can actually see how much sugar is in the drink.

**SUPPLIES/EQUIPMENT** continued

- filled with the original product. Pre-measure the amount of sugar the original product contains and place in the bottle with the cap securely in place.
- Multiple copies of worksheet *Think What You Drink* and *Nutrition Label* run front to back on cardstock and laminated.
- Laminated Poster(s) of a food label and its parts
- Dry erase marker
- Dry erase cleaner and cloth
- Bag of marbles (one for each team)
- 2 - 5 gallon buckets or tubs
- Water
- Small plastic bowl or tub

RECREATION**Marble Madness****Equipment/Supplies:**

Bag of marbles (one for each team)

Two 5 gallon buckets or tubs

Water

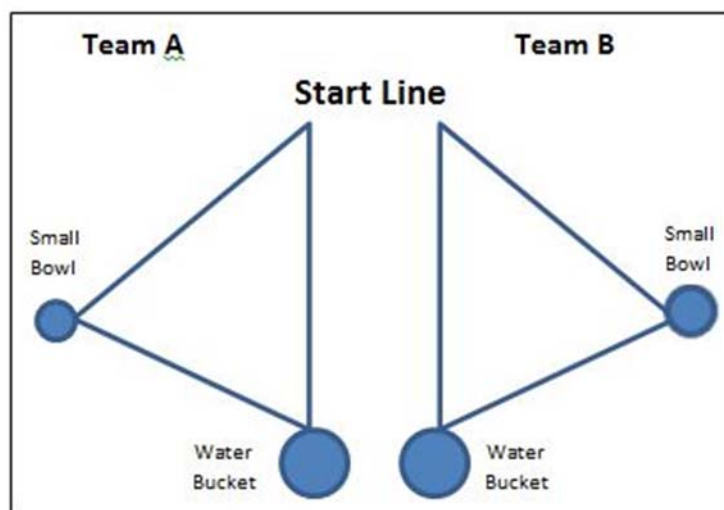
2 Small plastic bowl or tub

Participants should remove socks and shoes. If they have on pants, roll pant leg up above the knee, if possible.

Two Towels (beach or bath)

Instructions:

1. Before beginning this activity, have participants go through the stretching exercises in What's Up with the Label lesson. This will help lessen the chance of toe or foot cramps during the activity.
2. Fill buckets approximately 1/4 full of water.
3. Place the two buckets approximately 20 feet from the start line. Place the small plastic bowls at the second corner of the triangle, as shown in the diagram below.
4. Divide participants into two teams. Give a marble to each participant. Have the participants place their marble in the team's bucket and then return to the starting line and form a single file line behind the start line and facing their water



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RECREATION - continued

bucket. Place a towel on the floor at the water bucket for safety.

5. One team member at a time, the participant will *bear crawl* down to the bucket, stand up, place their foot in the water bucket, grab one marble with their toes, lift out their foot and carry the marble to the small bowl with their toes. They will drop the marble in the bowl. They then re-assume the bear crawl position and crawl back to the start line to tag the next player.
6. Repeat the course until all team members have had a turn and there are no marbles left in the water bucket.

If a team member drops their marble between the water bucket and the small bowl, they must return the marble to the water bucket and get at the end of their team's line. They will go again when it is their turn.

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PROCESS/EVALUATION

Questions you might ask...

- Were you surprised with how much sugar was in the "popular" drink?
- What makes milk and 100% juice better choices? (Even though these both have some sugar in them, the sugar is "natural." Sugar in sodas, is refined (added) sugar.)
- How often did you find that a drink contained more than one serving?
- Would you change the amount of food you eat or drink because of the number of servings listed?

REFERENCES

Get Moving, Get Healthy developed by 4-H Youth Development, Rutgers Cooperative Extension., 2011.

HALF FULL OR HALF EMPTY

1. Fill in the nutrition information from the label on your drink.
2. Use the following formula to find out how many teaspoons of sugar are in one serving of the drink.

$$\frac{\text{_____}}{\text{_____}} \text{ divided by } 4 = \text{_____}$$

Grams of sugar in a serving
Teaspoons of sugar in a serving

3. What is the total number of teaspoons of sugar in the drink?

$$\text{_____} \times \text{_____} = \text{_____}$$

Teaspoons of sugar in a serving
Number of serving in the container
Total # teaspoon of sugar in container

4. Even if the beverage has 0 grams of sugar, check to see if it has any of the words listed below. Circle any of the words that are included in the ingredients.

Added Sugars

- Brown sugar
- Corn sweetener
- Corn syrup
- Dextrose
- Fructose
- Fruit juice concentrates
- Glucose
- High-fructose
- corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Sugar
- Syrup

Artificial Sweeteners

- Aspartame (NutraSweet®, Equal®)
- Saccharin (Sweet'N Low®, Sugar Twin®)
- Sucralose (Spenda®)
- Acesulfame potassium (Sweet One®, Sunett®)
- If the drink has sugar, but does not contain any of these words, it has *Natural Sugar*

Nutrition Facts			
Serving Size _____			
Servings Per Container _____			
Amount Per Serving			
Calories _____		Calories from Fat _____	
		% Daily Value*	
Total Fat _____	_____	_____	_____
Saturated Fat _____	_____	_____	_____
Trans Fat _____	_____	_____	_____
Cholesterol _____	_____	_____	_____
Sodium _____	_____	_____	_____
Total Carbohydrate _____	_____	_____	_____
Dietary Fiber _____	_____	_____	_____
Sugar _____	_____	_____	_____
Protein _____	_____	_____	_____
Vitamin A _____	_____	_____	_____
Vitamin C _____	_____	_____	_____
Calcium _____	_____	_____	_____
Iron _____	_____	_____	_____
*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	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



HALF FULL OR HALF EMPTY

- CHOOSE A BEVERAGE FROM THE TABLE.
- REVIEW THE NUTRITION FACTS LABEL ON THE BEVERAGE.
- COMPLETE THE WORKSHEET TO LEARN ABOUT THE SUGAR AND NUTRIENT CONTENT OF THE DRINK.



IS THE BEVERAGE
A WISE CHOICE FOR A
HEALTHY DRINK?

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