Food & Fun After School

~ 2nd Edition ~

A nutrition and physical activity curriculum designed to help children develop healthy habits during out-of-school time.

UNIT 3:

Sugar Sweetened Drinks

Be Sugar Smart!

Contents:

This document was created by the Harvard Prevention Research Center on Nutrition and Physical Activity for educational use in afterschool programs for children from kindergarten through fifth grade.

About Food & Fun After School
2nd Edition

The goal of **Food & Fun** is to assist program staff in providing healthier environments to children during out-of-school time. The curriculum is designed to incorporate lessons and activities about healthy eating and physical activity into regular afterschool program schedules. **Food & Fun** includes 11 teaching units that encourage healthy behaviors through active play, literacy and math skills development, creative learning, and hands-on snack time activities. With over 70 activities to choose from and a user-friendly layout for each lesson, Food & Fun makes it simple to promote healthy eating and physical activity in your program every day!

Teaching about healthy behavior is most effective when the program environment is consistent with the **Food & Fun** messages on healthy eating and physical activity. Programs are encouraged to work towards achieving the Environmental Standards for Nutrition and Physical Activity.

Environmental Standards for Nutrition and Physical Activity in Out-of-school Time Programs

- ★ Do not serve sugar-sweetened beverages.
- ★ Serve water every day.
- ★ Serve a fruit and/or vegetable every day.
- ★ Do not serve foods with trans fat.
- ★ When serving grains (like bread, crackers and cereals), serve whole grains.
- ★ Eliminate broadcast and cable TV or movies. Limit computer time to less than 1 hour each day.
- ★ Provide all children with at least 30 minutes of moderate physical activity every day. Offer 20 minutes of vigorous activity at least 3 days per week.

Food & Fun materials were created by the Harvard Prevention Research Center on Nutrition and Physical Activity in partnership with the YMCA of the USA's Activate America initiative to help individuals and families lead healthier lives. In addition to afterschool programs, these materials are appropriate for use in a wide variety of out-of-school time programs, like summer camps, sports programs, extended day programs, and before school programs.

For more information on the Environmental Standards, see the **Harvard Prevention Research Center's Environmental Standards for Nutrition and Physical Activity in Out-of-School Time Programs**. All **Food & Fun** materials, including parent engagement tools, tip sheets on implementing the Environmental Standards, snack recipes, and assessment tools can be downloaded at no cost from the Harvard Prevention Research Center website: www.hsph.harvard.edu/prc/ymca/resources.html.

Unit 3 Information for Leaders

Behavior Goal

Children will drink fewer sweetened beverages and eat fewer sweets

Key Messages for Kids

- Sweetened drinks like soda, fruit drinks, and sports drinks are loaded with sugar.
- Eating and drinking too much sugar is not healthy for your body and it can cause cavities.
- Water and low fat milk are the best drinks to have at snacks and meals.
- Juice is not as healthy as it seems. It can have as much sugar as soda.

Key Information for Program Staff

Children often replace healthy drinks like milk or water with sugary drinks like punch, soda, and fruit drinks. Drinking too many sugar-sweetened drinks, as well as eating sugary foods like candy and cookies, can lead to dental cavities and may increase the risk for overweight, diabetes and heart disease. In fact, some children are developing type 2 diabetes because of poor diets and overweight.

In this unit, children will learn how to read the sugar content in different drinks and identify drinks with lots of sugar. You can help children (especially older ones) investigate other drinks, snacks and treats by looking at the amount of sugar listed on the food label, then converting that number into teaspoons. To calculate grams of sugar to teaspoons, divide the grams of sugar by 4 (there is 1 teaspoon of sugar for every 4 grams of sugar listed).

Teach children and their parents the many different forms sugar can take. High fructose corn syrup, dextrose, sucrose, honey, cane juice, molasses, and malt syrup all mean one thing: SUGAR! Help children develop healthy habits by serving water instead of sugary drinks at every snack. Drinks with artificial sweeteners are not a healthy alternative, because the long term safety of artificial sweeteners is unknown.

Provide naturally sweet or low-sugar snack foods like dried fruit, yogurt and fruit (try plain or vanilla yogurt mixed with fruit), granola, or low to moderate sugar cereals (under 10 grams of sugar per serving). Also, snacks do not need to be sweet! Try serving savory snacks like popcorn, trail mix or whole grain crackers with no trans fat in them.

Refer to the *"Sugar Sweetened Beverage!" Tip Sheet* for ideas on how to eliminate sugar-sweetened drinks at your afterschool program. The Tip Sheets are also available on our website www.hsph.harvard.edu/prc/ymca/resources.html.

Activity Options for Children

Active Games

1. Warm Up & Cool Down – do these whenever the children are active!
2. Bowling for Sugar Smarts – teams get points by knocking down pins with healthy beverages (point labels are provided in worksheet section; need to collect and prepare empty bottles)
3. Sugar Surprises Relay – children race to arrange the beverages listed on the activity cards from low to high sugar content (can modify by making own cards, or use answer cards and collect spoons to represent the amount of sugar in the various drinks)

Other Group Games or Activities (can be used in circle time or small groups)

1. Pour it Out – children assess usual intake by measuring the amount of juice they usually drink and comparing to a true serving size
2. Count it Up – ***older children*** *measure out teaspoons of sugar in common drinks and snacks (*worksheets available to calculate teaspoons of sugar, or children may use answer sheet to simply measure sugar)

Snack Time Ideas

1. Trail Mix – a healthy low-sugar snack
2. Summer Breeze Smoothies – great taste, no added sugar
3. Cinnamon Toast – still as yummy without the sugar
4. Taste test these recipes, or try other “silly” water options or dried fruit.

You can also find these recipes in the Food & Fun 2nd Edition Recipe Packet, available at our website www.hsph.harvard.edu/prc/ymca/resources.html.

Connect with Parents!

Key Messages for Parents

- Sugar-sweetened drinks like soda, juice drinks, and sports drinks are the top source of added sugar in kid's diets.
- Drinking sugar-sweetened drinks can cause cavities and increase the risk for overweight in kids and adults.
- Water and low fat milk are the best beverages to offer during snack and meal times.
- Juice can have just as much sugar as soda. Do not serve juice drinks and limit 100% juice to 4 oz. per day (juice box size).

Parent Engagement Options

It is important to engage parents on a regular basis in a variety of ways. Here are some ways that you can engage parents at afterschool:

- Have a conversation with parents at pick up
- Create a bulletin board with the key messages from each Food & Fun unit
- Involve parents in daily physical activities and snack time
- Hold regularly scheduled events each month
- **Display "Pour It Out".** Do the activity "Pour It Out" from the Food & Fun 2nd edition curriculum. Display the cups of children's usual intake of juice and the standard 6 ounce serving by the sign-out book. Talk to parents about the activity you did with the children and what the visuals mean.
- **Do a flavored water taste test.** Offer parents water infused with cucumber, oranges, lemons or mint. Suggest trying it at home and experiment with other fruits and flavors!

Refer to Parent Communications and Parent Handouts, available in English and Spanish, to reinforce the messages in this unit of Food & Fun.

1. Newsletter Article: "Sugar is Sweet—and Drinks are Too?". Insert this into your program newsletter.
2. Email message: "Healthy Habits Power Tips—Be Sugar Smart!". Email this message to parents at the start of this unit
3. Parent Handout: "More whole grains, less added sugar for good health". Send this handout home in a mailing, insert it into your next newsletter, or have copies available for pick up at your program's sign-out area.

Parent Communications and Parent Handouts are also available on the Harvard Prevention Research Center website www.hsph.harvard.edu/prc/ymca/resources.html.

Resources

Web Sites:

Harvard School of Public Health publishes an online nutrition news and resource center:

http://www.hsph.harvard.edu/nutritionsource/

The Harvard Prevention Research Center on Nutrition and Physical Activity works with community partners to design, implement and evaluate programs that improve nutrition and physical activity, and reduce overweight and chronic disease risk among children and youth. The Harvard Prevention Research Center offers additional materials and resources on nutrition and physical activity:

http://www.hsph.harvard.edu/prc/

Let's Move is First Lady Michelle Obama's initiative to provide parents with the support they need to make healthy family choices, provide healthier school foods, help kids to be more physically active, and make healthy, affordable food available in every part of the U.S.

http://www.letsmove.gov/index.html

Alliance for a Healthier Generation is a joint venture between the American Heart Association and the Clinton Foundation with a mission to reduce the nationwide prevalence of childhood obesity by 2015 and to empower kids nationwide to make healthy lifestyle choices.

http://www.healthiergeneration.org

Action for Healthy Kids is a nonprofit and volunteer network fighting childhood obesity and undernourishment by working with schools to help kids learn to eat right, be active every day and be ready to learn. Their website includes tools and fact sheets about childhood obesity, nutrition and physical activity.

http://www.actionforhealthykids.org/

The Nemours Foundation's Center for Children's Health Media created KidsHealth to provide families with doctor-approved information that they can understand and use. Includes sites for parents, children, and teenagers and provides a variety of health information, including nutrition and fitness topics. Also available in Spanish.

http://www.kidshealth.org

http://kidshealth.org/parent/en_espanol/esp_land_pg/spanish_landing_page.html

The Center for Science in the Public Interest offers tips and policy resources for reducing soda and other nutrient-poor foods in schools, as well as how to promote healthier food options in restaurants.

http://www.cspinet.org/nutritionpolicy/index.html

The Center for Weight & Health at U.C. Berkeley provides answers to frequently asked questions about sports drinks.

http://csh.berkeley.edu/sites/default/files/primary_pdfs/CWH_Sports_Drinks_FAX_Sheet_English_Spanish_7.07)0.pdf

BANPAC offers curriculum materials and campaign tools in English and Spanish for a "Soda-Free Summer."

http://www.banpac.org/resources_sugar_savvy.htm

The Department of Nutrition at Harvard provides tips and information on making healthy beverage choices.

www.hsph.harvard.edu/nutritionsource/healthy-drinks

Web Sites for Kids:

The BAM! (Body and Mind) program provides tweens with tips on nutrition and physical activity. Children can explore the over 30 physical activities, including the necessary gear and how to play. They can also find great ideas for healthy snacks and meals.

http://www.bam.gov

KidsHealth also has a website especially for kids in English and Spanish.

http://kidshealth.org/kid/index.jsp?tracking=K_Home

http://kidshealth.org/kid/en_espanol/esp_land_pg/spanish_landing_page.html

Nutrition Explorations, sponsored by the National Dairy Council, is an interactive site with activities, information, and cool recipes for kids.

http://www.nutritionexplorations.org/kids/main.asp

Warm Up, Cool Down

Information for Leaders

It is important for children (and adults!) to warm up their muscles and get the blood flowing before engaging in more vigorous/heart pumping activities. It is also important to allow the body to slow down instead of abruptly stopping an activity. Below are some ideas to help children ease into and out of the physical games.

Warm Ups:

- Walk around the gym or field, or up and down corridors if using modified space for activity. Begin at a slow pace, then increase the speed of each lap, but do not run.
- Play a short movement game such as "Red Light, Green Light" (children move across room when you say, "Green Light", and stop when you call out, "Red Light!" Alter movement instructions with each start, e.g.: tip toe, hop or gallop.)
- Play "Simon Says" and incorporate stretching moves (such as "reach to the sky" or "touch your toes") along with warming moves (such as "march in place" or "hop on one foot")
- Perform simple stretches sitting on the floor. Remind children not to bounce or pull. For younger children, offer visual cues like, "reach forward and hug the beach ball", or "paint a rainbow with your right hand…now paint one with your left".

Cool Downs:

- Race across the gym or field with progressively slower movements: run then gallop then skip then walk then tip toe, etc.
- Repeat simple stretching activities.
- Introduce deep breathing or simple yoga moves as a way to cool down and relax (remind children that these can be used any time!).
  - Slowly (to the count of five) breathe in while bringing your hands together and rising over the head. Then slowly breathe out with a loud "whoosh" while bringing your arms down to the side.
  - "Cat" pose: create a table, supporting the body with the hands and knees. Breathe in and arch back so that the belly moves to the floor and the shoulders move back to look up. Breathe out to reverse the curve of the back like a cat stretching its back.

Bowling for Sugar Smarts

Objective:

Unlike traditional bowling, children try to knock down pins with healthy "sugar smart" drinks to get points; the first team to collect 50 points wins.

Materials and Preparation:

- Collect and clean 10 plastic bottles per team (12-16 ounce size water bottles work well; do not use large square-bottom bottles). Remove label from bottles and replace with the beverage/points label
- Print out label page with beverage names and points – copy 1 set per team
- Cut each label and tape at least 5 healthy options to each team's set of bottles
    - Healthy beverage options: water, low-fat milk, 100% fruit or vegetable juice
    - Sweet beverage options: fruit punch, Kool-Aid, lemonade, soda, sports drinks
- Small balls (such as spongy soft balls or tennis balls) – 2 per team
- Set up bottles as you would set up bowling pins on one side of a large room or corridor
- Use masking tape to define the bowling line

How To Play:

1. Small teams will work together to knock down the pins, and collect points based on the beverage bottle that was tipped over.
2. Each player will bowl 2 balls and add up the points based on the following system:
    - Water = 3 points
    - Low fat milk = 2 points
    - 100% juice = 1 point
    - Flavored milk = 1 point
    - All other beverages = no points
3. The first team to collect 50 points wins.
4. Remind the players that milk and water are smart drink choices. Explain that 100% fruit juice has a lot of nutrients but it does contain natural sugars so it should still be consumed in small amounts. Flavored milk contains the healthy nutrients (like calcium) that regular milk has, but it also contains added sugar.

Extension Activities:

- Collect actual bottles of healthy and sweetened drinks and post the point system on the wall.
- Try to have a range of beverages that are culturally relevant. For example, if you have a large Hispanic/Latino population, include things like tamarind juice, aguas frescas, horchata, etc. Engage children in coming up with specific types of beverages to include.
- Infuse moderate physical activity into the game by instructing the teams to do jumping jacks for the number of points gathered after each turn, or by jogging/hopping/skipping back and forth to collect the balls and re-set the pins.

Sugar Surprises

Objective:

Teams relay race to collect the "sugar surprise" food cards and arrange them correctly from low to high sugar content.

Materials and Preparation:

- Sugar Surprises food cards – copy and cut out one set per team of 8
- Sugar Surprises answer list – print out for your information

How to Play:

1. Arrange food cards on the floor or table on one side of the room or gym and have 1 set available for each team of 8 children
2. Instruct the teams to line up on the opposite side of the room.
3. Each player will take turns running to pick up a food card and return it to the team. As the food cards are returned, the players will arrange themselves from "low-sugar" to "high sugar". (Note: if there are not enough children for teams of 8, have smaller teams arrange the foods in line on the floor and allow some children to go twice to collect a card.)
4. When a team is done, check their order. If it is correct, they win. If it is not correct, return all cards back to the starting point and have the team repeat play until they can organize the foods correctly.
5. When all teams have correctly organized the foods (allow winning teams to give hints to other teams), review the answers and ask if there were any surprises in the order.
6. Show them the answer cards that include the amount of sugar listed. Any more surprises?
7. Note: while younger ones may not fully understand what the sugar number means, they can see the difference between the various foods and beverages; older children can be told that the number represents teaspoons of sugar in the drinks. Food labels list grams of sugar; older children will convert grams to teaspoons in the "Count It Up" activity.

   Note: for every 4 grams of sugar listed on the nutrition facts label there is one teaspoon of sugar.

Extension Activities:

- For older children: Have children collect spoons to represent the teaspoons of sugar in the various beverages. Remind them that for every 4 grams of sugar listed on the nutrition facts label there is one teaspoon of sugar.
- 2. Make up other food or drink cards based on snacks served in the afterschool program or by asking children to list their favorite snacks and drinks.

Pour It Out

Objective:

Children compare their usual intake of juice (as poured into a typical cup and measured) to a standard 4 ounce serving. (*Note*: this activity works best with a small group so that the children can receive individual attention from the leader.)

Materials

- Cups or glasses of different sizes and shapes
- 2 Measuring cups with ounce markings
- Juice, water

Instructions:

1. Depending upon the size of your group, arrange the materials on a table in the front, or if staff allows, have duplicate materials set around the room for smaller groups to work together.
2. Invite two to four students to select a cup and pour the amount of juice that he/she would usually drink at home into the cup.
3. Inform the group that they are going to analyze their drinks to see if they are drinking more or less than they need.
4. Instruct the child to pour the juice into the measuring cup to see how much juice he/she usually drinks.
5. In the other measuring cup, pour out 4 ounces (1/2 cup) and tell the children that this is one serving of juice. How does this compare to the child's drink? Pour the standard amount into the selected cup to visual the difference.
6. Invite other children in pairs or small groups to experiment with the juice. What type or size of cup holds 4 ounces well? How does this amount look when poured into different cups/containers?
7. Explain that while 100% fruit juice gives us vitamins and natural sugar, we need to limit the amount we drink.
8. Tell children that water is the best choice to quench thirst, and that low-fat milk is a super drink for strong bones and teeth.

Extension Activities:

- Taste water flavored with fruit slices such as lemon, lime, cucumbers, melons, or berries. Have the kids blindfold each other and see if they can correctly identify what flavor the water is! Or, freeze juice as ice cubes for a flavorful addition to water.

Count It Up

For Upper Elementary Children

Objective:

Children (individually or in pairs or small groups) will learn that there are different amounts of sugar in different products.

Materials and Preparation:

- Count It Up worksheet – copy for each child
  - *Note*: There are 4 page options that compare different beverages and foods
  - *Tip*: Give one page to each child, pair or small group to calculate and pour out teaspoons of sugar and allow time to look at the results of the others
  - Write the name of each food to be counted and place this next to the plates for measuring sugar
- Sugar packets or cubes (1 packet or 1 cube = 1 teaspoon), or bowl of sugar and teaspoons
- 8 small paper plates (one for each food/beverage counted)
- *Optional: S*et an empty food container out in place of the food/drink name tag for a more complete visual and informative nutrition facts label.

Instructions:

1. Distribute "Count It Up" worksheets to the children.
2. Review the instructions for calculating teaspoons of sugar from grams (4 grams = 1 teaspoon). To do this, they will color in one section of the pie for each gram, so that there will be one circle (or teaspoon) colored for every 4 grams of sugar.
3. Children may work in pairs to complete the worksheet by coloring in circles to determine teaspoons of sugar in various foods.
4. Once they have calculated the teaspoons of sugar, they will use the worksheet to measure out the actual teaspoons for each food item (children will either pour out 1 packet of sugar per teaspoon, stack 1 sugar cube per teaspoon, or measure teaspoons directly from a bowl of sugar onto the plate). Note: using a bowl of sugar allows children to measure half teaspoons.
5. Look at the piles of sugar on the different plates. Ask: What do you think about all of the sugar in the different foods? Does anything surprise you?

Note: Since the calculation worksheet may feel academic to some children, you may choose to use this on days when you have more time to spend on an activity (such as during a vacation week or half day of school).

Extension Activities:

- If you have a younger group you may want to skip the worksheet calculation and instead distribute the answer sheet which shows the colored-in circles and amount of teaspoons of sugar in the various foods/beverages. Assign one food or beverage to each pair or small group and have the children measure out the correct amount of sugar for their item. As in the above instructions, allow children the opportunity to look at the sugar in all of the food/beverage items and talk about anything that may have surprised them.
- Ask kids to list some of their favorite drinks and snacks. Encourage them to include more multi-cultural foods like arroz con leche or licuados. Invite children to bring in empty containers of their favorite snacks, treats, cereals, or drinks. Have children measure the teaspoons of sugar from the grams of sugar listed on the food labels (including several of the "healthy snack" options) and pour the sugar into small plastic bags. Attach the plastic bags to a large piece of poster board and label the snack or drink above the bag. This can serve as a reminder as well as a tool powerful visual tool for interacting with parents.
- Collect and/or have children bring in the labels from some of their favorite drinks and snacks. Show children how they can use food labels to identify foods that are high in sugar:
    - Foods with sugar in the top 3 ingredients are likely to be high in sugar.
    - Foods may list other forms of sugar in the ingredients: high fructose corn syrup, dextrose, sucrose, honey, and molasses.

  Then have children see if they can "find the sugar" in their labels. Have them sort the labels into groups with "High Sugar" and "Low Sugar" snacks.
- Connect to the whole grain unit (Unit 5) by reviewing cereal labels. Identify low-sugar (5 grams or less for sugar), moderate sugar (6-10 grams of sugar), or high sugar (10 grams or more of sugar) cereals. Children who are used to eating sugary cereals can try mixing cereals together as they begin to cut back on the high sugar cereals and get used to breakfast with less sugar.

Recipe Criteria

All recipes included in the Food and Fun 2nd Edition were selected to meet the United States Department of Agriculture's Child and Adult Care Food Program (CACFP) nutritional standards for healthy snacks, and are consistent with the Environmental Standards. All recipes below are priced at under the current 2009-2010 CACFP reimbursement rate of $0.74 per serving for afterschool programs.

Remember to serve each snack with water!

Each recipe is classified into levels of kitchen equipment requirements so you can easily determine if you have the resources to make the snack at your after school program:

Level 1. No cooking required

Level 2. Basic (e.g. sink, fridge, microwave, blender, and/or toaster)

Level 3. Full Kitchen (e.g. basic plus stove).

Each recipe corresponds to a unit in the curriculum. However, many of these snacks meet multiple nutrition criteria (for example, low sugar, healthy fats and whole grains). Feel free to mix and match as well as create your own recipes!

Trail Mix

Level 1: No cooking required
Serving size: ½ cup
Servings per recipe: 24

Price per serving: 33¢
Preparation time: 7 minutes

Supplies:

Large bowl and mixing spoons
Scoop or spoons for serving
Small serving bowls, cups or plastic snack bags

Ingredients:

4 cups whole wheat mini pretzels, air popped popcorn or trans-fat free microwave popcorn

4 cups whole grain cereal like Cheerios® or Mighty Bites®

2 cups dried fruit like apricots, pineapple, or apples (look for brands with NO added sugar).

1 cup of raisins or dried cranberries

1 cup of granola

Optional- 1 cup of nuts like almonds, walnuts or soy nuts, or unsalted roasted shelled sunflower seeds (Beware of nut allergies! If present, do not include.)

Note: Many different ingredients may be added, as long as there is a good mix of whole grains, dried fruit, and nuts if no allergies are present.

Directions:

1. Mix all ingredients together in a large bowl.
2. Scoop about ½ cup into small bowls, cups, or plastic snack bags and serve.

Modification:

Set out the ingredients in individual bowls with spoons/scoops (small paper cups work well) and allow children to mix their own. Encourage children to try at least one or two of the dried fruit options.

Summer Breeze Smoothies

Adapted from: USDA SNAP-Ed Recipes http://recipefinder.nal.usda.gov

Level 2: Basic
Serving size: ½ cup
Servings per recipe: 18

Price per serving: 51¢
Preparation time: 15 minutes

Supplies:

Blender
Measuring spoons
Cups

Ingredients:

2 32oz containers plain low-fat yogurt
1 16oz bag frozen strawberries (unsweetened)
1 20oz can of crushed pineapple, canned in juice
3 medium bananas
3 tsp vanilla extract
12 ice cubes

Directions:

1. Make 1 batch of smoothies by placing 1 cup yogurt, 1 cup strawberries, ¾ cups crushed pineapple, 1 banana, 1 tsp of vanilla extract, and 4 ice cubes in the blender and puree until smooth.
2. Serve and enjoy!
3. Repeat steps above until all ingredients are used (about 3 batches).
4. *Optional*: serve in frosted glasses with straws.

Cinnamon Toast

Level 2: Basic
Serving size: 1 slice of toast
Servings per recipe: About 16 (or number of slices of bread in loaf)

Price per serving: 11¢
Preparation time: 16 minutes
Cooking time: 16 minutes

Supplies:

Toaster or conventional oven
Butter knife

Ingredients:

1 loaf of whole wheat bread (approx 16 slices per loaf)
1½ Tbsp butter
Cinnamon to taste (try other spices like nutmeg, clove or ginger!)

Directions:

1. Toast bread two slices at a time (or more if you have a larger toaster or oven)
2. Spread ¼ tsp of butter onto each slice of toasted bread so that it melts quickly
3. Sprinkle on cinnamon and other spices
4. Cut into triangles and serve!

A Basic Guide to Taste Tests

Key Information for Program Staff

Taste tests encourage children to try new healthy foods in a non-threatening manner. You can test just one item or recipe at a time, or compare new and familiar foods. Don't be afraid to reintroduce foods as children's taste and acceptance of new foods often change! Finally, when selecting foods, consider any food allergies that may be present.

Instructions and Things to Keep in Mind:

1. Determine how many children will taste the food and purchase the appropriate amount of food to be tasted.
2. Prepare food samples in advance, if possible, and have all materials (plates, small cups, napkins, etc.) readily available, along with clean-up items such as paper towels, wet wipes and trash bins.
3. Maintain proper sanitation procedures: clean work and surface areas, wash and dry all produce, and wash all hands.
4. Copy the taste test rating sheet (one per child), and consider writing in the foods to be tasted before copying the sheet. Each page has space to try two food items, so copy additional pages if you are trying more foods.
   - → If you do not have access to a copier, try a creative rating method, such as placing popsicle sticks into coffee cans or other containers labeled with the rating options. (Like A Lot! Like Somewhat. Do Not Like Very Much.)
5. Ask children to wait until everyone has received his or her samples before eating, then have the children try the food and praise them for doing so.
6. Do not force a child to try a food; however, explain to the children that although they may not think they are going to like the new food, that tasting is a good way to find out. **Praise children for trying something new!**
7. Instruct children to express their opinions on their rating sheets without verbalizing how they feel about the new food. Summarize the group's evaluation (Did they like the food a lot? Somewhat? Or Not very much?) and decide whether or not they would eat/drink/make that food/beverage/recipe again. Provide opportunities for the children to offer feedback and comments on the taste, texture and smell of the food.
   - → Be creative! Try blindfolded taste tests or incorporate taste tests into a team or group activity!
   - → Be sure to serve those items that they like again!

Be Sugar Smart!

Taste Test Ideas Being Sugar Smart

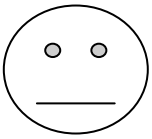
- → Sugar Smart Drinks – make, taste, and rate “silly waters” options using plain iced water with fruit flavorings (add berries, orange slices, mint leaves or even cucumbers for a cool treat!) You can also make “licuados” by blending water or milk and fruit (without the added sugar!)
- → Nature’s Candy – introduce various dried fruits from the common raisin or apricot to pineapple or mango

Taste Test Rating Sheet

Today I tried: _____

I liked this:

A lot!



Somewhat

Not very much

Comments on the look, taste, feel or smell of this food: _____

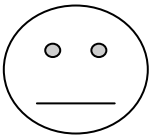
_____

_____

Today I tried: _____

I liked this:

A lot!



Somewhat

Not very much

Comments on the look, taste, feel or smell of this food: _____

_____

_____

WORKSHEET LIST

Bowling For Sugar Smarts

Bottle Labels

Water **3 points**
Low Fat Milk **2 points**
Chocolate Milk **1 point**

Bowling For Sugar Smarts

Bottle Labels

100% Orange Juice **1 point**
Skim Milk **2 points**
Vegetable Juice **1 point**

Bowling For Sugar Smarts

Bottle Labels

Orange Soda **0 points**
Cola **0 points**
Sweet Iced Tea **0 points**

Bowling For Sugar Smarts

Bottle Labels

Lemonade **0 points**
Fruit Punch **"Juice" Box** **0 points**

Sugar Surprises Cards

Answer List for Leaders

Food	Grams Sugar	Teaspoons of Sugar
6 oz water	0	0
6 oz fruit fizz	4	1
6 oz plain milk	9	2.25
6 oz 100% orange juice	16.5	4
6 oz chocolate milk	18	4.5
6 oz coca cola	20	5
6 oz lemonade	20	5
Fruit punch juice box (6.75 oz)	24	6

Sugar Surprises Cards

6 ounces of Fruit Fizz (Sparkling water and juice mix)	**6 ounces of Coca Cola**

Sugar Surprises Cards

6 ounces Plain Milk	6 ounces Chocolate Milk

Sugar Surprises Cards

6.75 ounces Fruit Punch (juice box size)	6 ounces Water

Sugar Surprises Cards

6 ounces Lemonade	6 ounces 100% Orange Juice

Sugar Surprises Cards

PART 2: ANSWER CARDS for OPTIONAL MODIFICATION

6 ounces of Fruit Fizz (Sparkling water and juice mix) **1 teaspoon**	**6 ounces of Coca Cola** **5 teaspoons**

Sugar Surprises Cards

6 ounces Plain Milk **2.25 teaspoons**	**6 ounces Chocolate Milk** **4.5 teaspoons**

Sugar Surprises Cards

6.75 ounces Fruit Punch (juice box size) **6 teaspoons**	**6 ounces Water** **0 teaspoons**

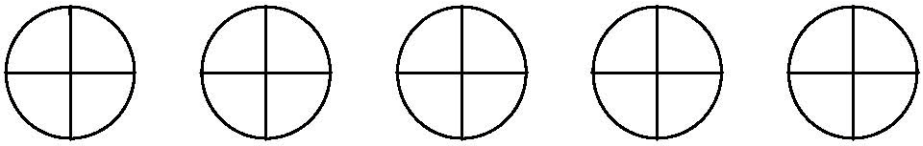
Sugar Surprises Cards

6 ounces Lemonade **5 teaspoons**	6 ounces 100% Orange Juice **4 teaspoons**

Count It Up!

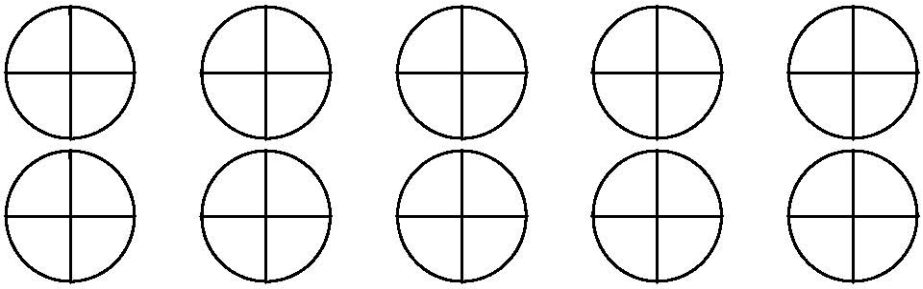
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar – look how much that is!

Milk



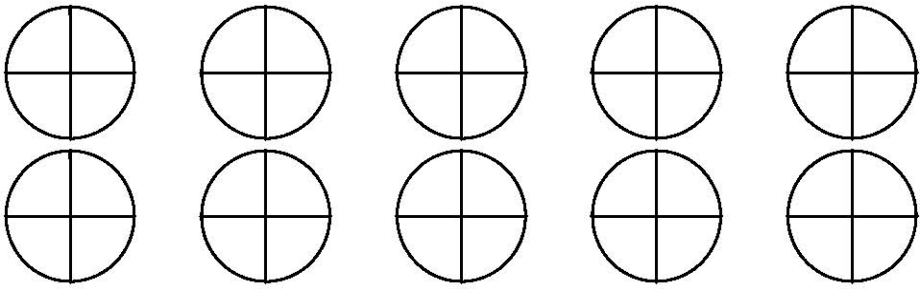
12 grams = ____ teaspoons

Soda



40 grams = ____ teaspoons

Fruit Punch Juice Box

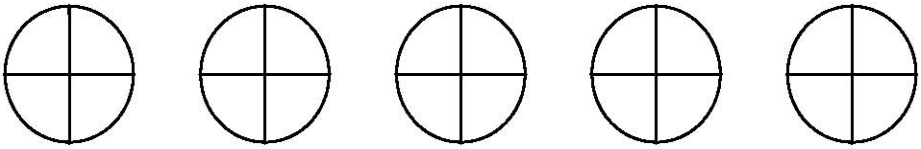


25 grams = ____ teaspoons

Count It Up!

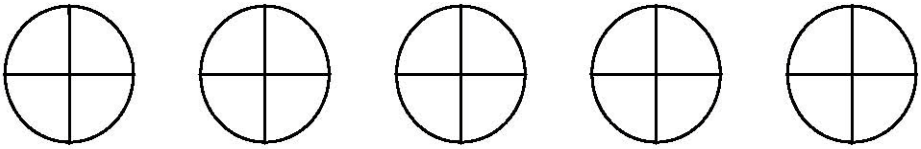
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar – look how much that is!

2 Chocolate Chip Cookies



17 grams = teaspoons

16 Animal Cookies

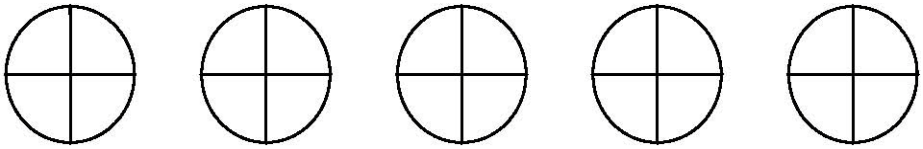


7 grams = teaspoons

Count It Up!

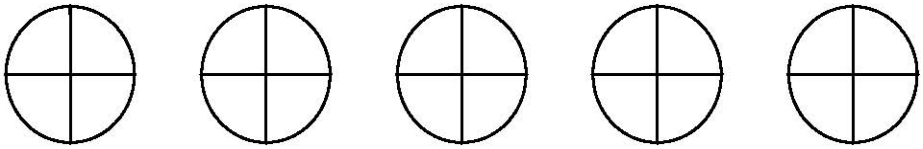
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar – look how much that is!

Chocolate Donut



14 grams = teaspoons

Whole Wheat Mini-Bagel

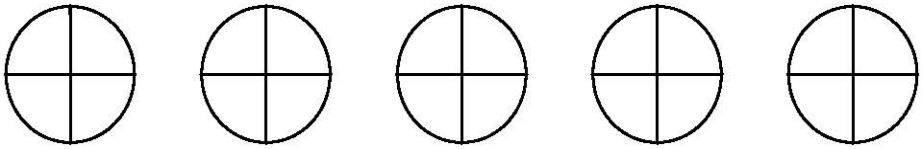


7 grams = teaspoons

Count It Up!

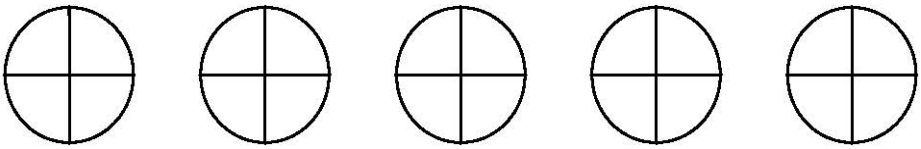
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar – look how much that is!

4-ounce Fruit Yogurt



18 grams = teaspoons

4-ounce Plain Yogurt



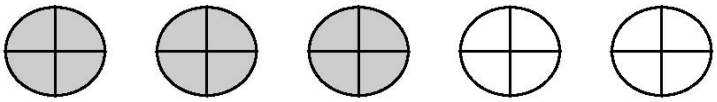
8 grams = teaspoons

Count It Up!

ANSWER SHEET

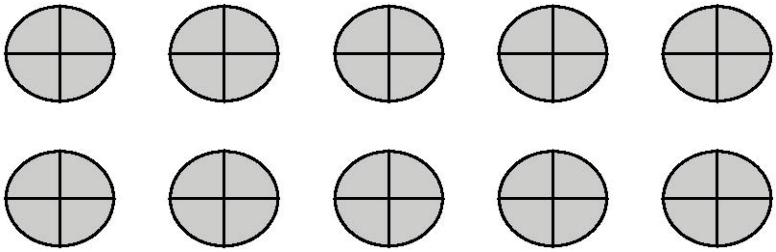
Each colored circle equals 1 teaspoon of sugar – look how much that is! Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

Milk



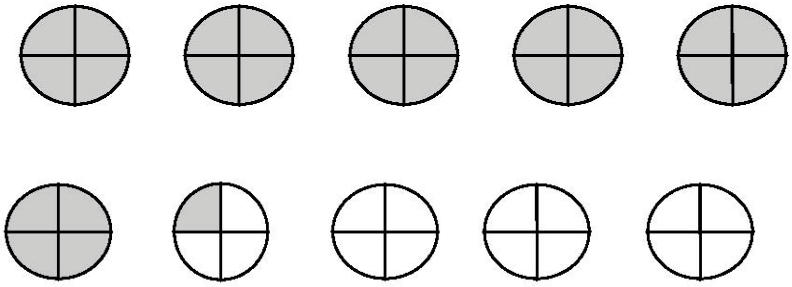
12 grams = 3 teaspoons

Soda



40 grams = 10 teaspoons

Fruit Punch Juice Box



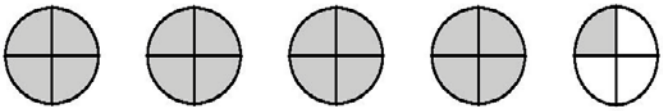
25 grams = 6 $\frac{1}{4}$ teaspoons

Count It Up!

ANSWER SHEET

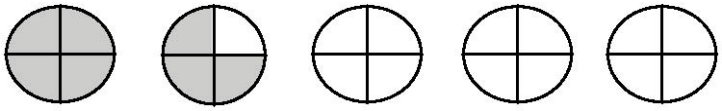
Each colored circle equals 1 teaspoon of sugar – look how much that is! Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

2 Chocolate Chip Cookies



17 grams = $4\frac{1}{4}$ teaspoons

16 Animal Crackers



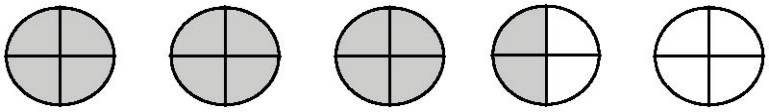
7 grams = $1\frac{3}{4}$ teaspoons

Count It Up!

ANSWER SHEET

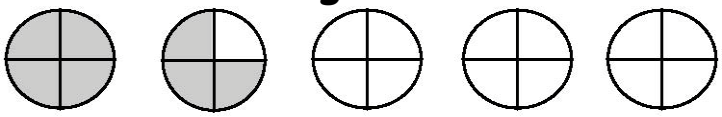
Each colored circle equals 1 teaspoon of sugar – look how much that is! Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

Chocolate donut



14 grams = $3\frac{1}{2}$ teaspoons

Whole Wheat Bagel



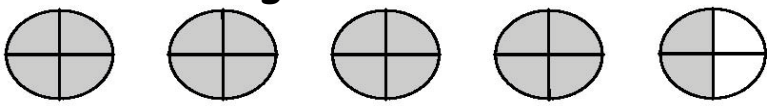
7 grams = $1\frac{3}{4}$ teaspoons

Count It Up!

ANSWER SHEET

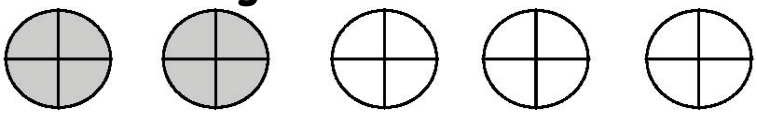
Each colored circle equals 1 teaspoon of sugar – look how much that is! Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

4-oz Fruit Yogurt



18 grams = 4 ½ teaspoons

4-oz Plain Yogurt



8 grams = 2 teaspoons