

Nutrition Education Lesson Code CF-000-21

Healthy Drinks for Healthy Kids

OBJECTIVES:

Participants will be able to state that:

- children need one serving of juice each day.
- water is the best choice for thirsty children.

MATERIALS:

- The handout, *Healthy Drinks Coloring Sheet*
- Crayons for every child
- Large index cards
- Magic markers
- Empty containers of juice, milk, soda, Gatorade, Kool-Aid, tea, coffee and a pitcher for water. If containers are not available, you can write the name of the drink on a piece of poster board to make a table tent, which will show the name of the drink to the class.
- A 4-ounce cup, a 6-ounce cup and an 8-ounce cup, all without lids.

Note about new lesson survey forms:

The first few time a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the *Staff Survey Form* is different from the *Participant Survey Form*. Only 10-20 participant surveys need to be completed. Please mail completed new lesson surveys to:

Delores Preece,
Texas Department of Health
Bureau of Nutrition Services
1100 W. 49th Street
Austin, TX 78756

PREPARATION:

1. **Visual Aids** — Collect empty drink containers (listed above) to place on a table at the front of the class. Make table tents with the names of any of drinks that do not have containers.
2. **Teacher Cards** — Take eight large index cards. Write the seven numbers in the “Index Card Says” column below, one number per index card. Write “Drink When Thirsty” on the eighth card.

Type of Drink	Index Card Says
Juice	1
Milk	3
Soda	0
Gatorade	0
Kool-Aid	0
Tea	0
Coffee	0
Water	Drink When Thirsty

3. **Participant Cards** — Make sets of index cards for as many families as you expect in the class. Each set will include six cards. Write the following numbers very large on each of five cards: 0, 1, 2, 3, and 4. Also make a card that says, “Drink When Thirsty.”
4. **Participant handout** — Copy the *Healthy Drinks Coloring Sheet* handout to give to children during class.

Note:

This class is designed to promote interaction between parents and their children. If parents do not have their children with them or if their children are too young to participate, ask the parents to answer the questions directed at adults. These parents can write their answers on the *Healthy Drinks Coloring Sheet*. Their children can color the sheet later.

Before class, place the empty drink containers (or table tents) in front of the class.

ICEBREAKER:

Go around the room asking the parents to introduce themselves and tell their favorite drink. Then go around the room asking the children for their name and their favorite drink.

DISCUSSION:

1. **Everyone has a favorite drink, and in a healthy diet, there is room for all of them in moderation. Today we are going to talk about how much of each drink children need each day for growth and good health.**
2. **I have cards to give to every parent in the room and coloring sheets for the children. Give each family in the room a set of the participant cards. Give the children the *Healthy Drinks Coloring Sheet* and crayons.**
3. **I want to know what every family in the class thinks. Moms or dads, ask your children how many glasses of soda they need every day: none, one, two, three, four, or “drink when thirsty.” If your children are not here or do not know, will the parents give us your opinion.**

Now will all the parents hold up the cards with your answers. WIC staffers can read off the answers that the class members hold up. In fact, the amount of soda children need for good health is zero glasses a day. Put an index card that says “0” by the empty soda container or table tent labeled “Soda.”

4. **Kids, will you tell your parents how many glasses of Kool-Aid or Gatorade you need each day? Again, if your children are not here or don't know, parents, please give us your answers. Can you show me your answers? Read them to the class. Zero is the number of glasses of Kool-Aid or Gatorade that children need each day to be healthy. Put an index card that says “0” by the empty Gatorade and Kool-Aid container or table tents labeled with these trademarks.**
5. **What about tea and coffee? How many cups of these drinks do children think that they need each day? Can the parents show me your answers? Read them to the class. Children need zero cups a day. Put an index card that says “0” by the tea and coffee containers or table tents.**
6. **Now, how many glasses of juice do the children in the class think that they need every day? Parents, will you hold up the answer you got. Read the answers to the class. Children need one small glass of juice a day. Put an index card that says “1” by the juice container or table tent.**

I have cups here that show the size glass that I am talking about. Children one to three need one 4-ounce glass like this one. Children four and older and adults need a 6-ounce glass like this one. Is anyone surprised at the amount of juice children need each day? This is a lot less than some children want. And a lot of people believe that, since juice is a healthy drink, it is great to have a lot of it. But the extra juice children drink keeps them from eating other healthy foods. It also can make some children put on extra weight.

- 7. Will all of the children color the glass of juice on the *Healthy Drinks Coloring Sheet* handout you got earlier? If you want you can draw a picture of your favorite fruit by the glass of fruit juice you draw. When you are through, I want to see your artwork. Brag about what you see! Let the older children talk about their drawings. They can tell you their favorite juice, which fruit they drew, etc.**
- 8. Now, how much milk do you think that you need every day? Give the class time to answer. Will parents hold up the answers from their children. You may read the answers to the class. Actually what children need is 16 ounces of milk a day. That means four 4-ounce glasses or three 6-ounce glasses or two 8-ounce glasses. Show the glasses as you talk.**
- 9. Will all the children color the glasses of milk they need each day on the *Healthy Drinks Coloring Sheet*. The glasses on this sheet are all 6 ounces, so you need three of them a day.**
- 10. Now, children tell me how many glasses of water you think that you need everyday. Parents will you hold up the answers you have. You may read the answers to the class. The best answer for water is “Drink When Thirsty.” Put this answer by the container of water or table tent that reads “water.” It is hard to say just how much water anyone needs in a day. All the drinks you have each day, have water in them, so you get some water from them. If it is hot outside or you have a fever, you may drink more water than normal. Drinking enough to quench thirst is the best way to go. Everyone’s body tells them how much water they need.**

One thing to remember about water is that it is the best drink to have when you are thirsty. Have water instead of soda or Kool-Aid. Drink water instead of extra juice. Water is healthy for you. Plus, parents, you can save money by giving water to your children instead of Kool-Aid, soda, or other drinks you have to buy at the store.

- 11. A glass of water is on the *Healthy Drinks Coloring Sheet*. Will all the children draw a fish, a turtle, or another animal that lives in the water by (or in) the glass. Have all the children show their pictures.**

EVALUATION:

How many children can tell me a healthy drink to have when you are thirsty? Best answer: *water*.

Who can tell me how many glasses of juice to have in a day? Answer: *one*.

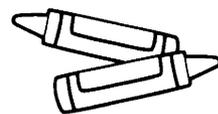
How many glasses of milk do you need everyday? Answer: *three or four* depending on the size of the cup.

How much soda do you need everyday to grow and be healthy? You might also ask about Kool-Aid, Gatorade, tea, or coffee.) Answer: *zero*.

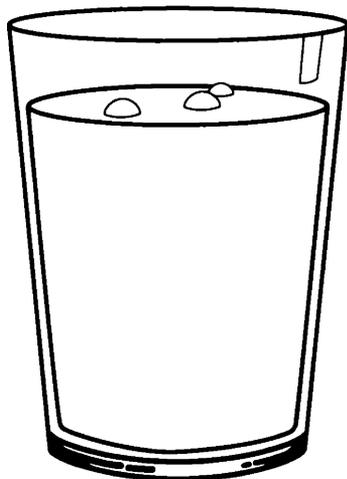
Ask the mothers if they have any questions. Tell the children that they can put their “healthy drinks” sheet up at home to remind them of how much milk, juice, and water they need each day.



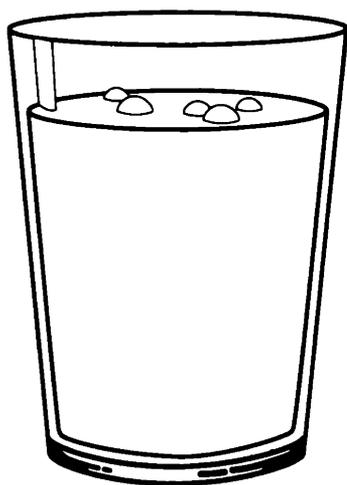
Healthy Drinks Coloring Sheet



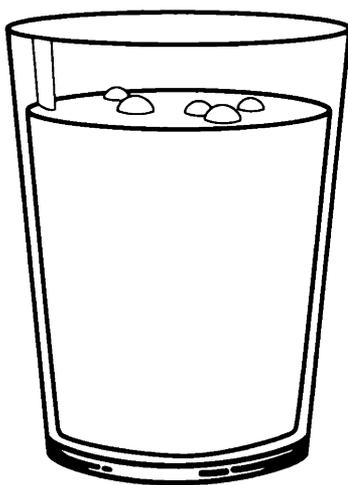
I need this much **juice** each day:



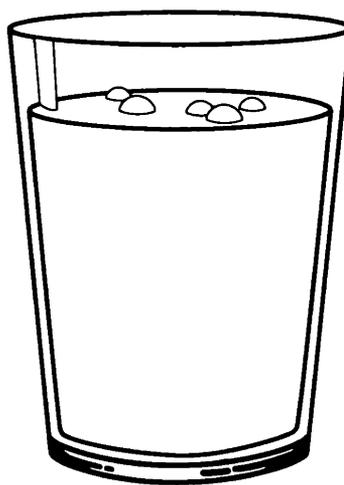
I need this much **milk** each day:



6 oz.

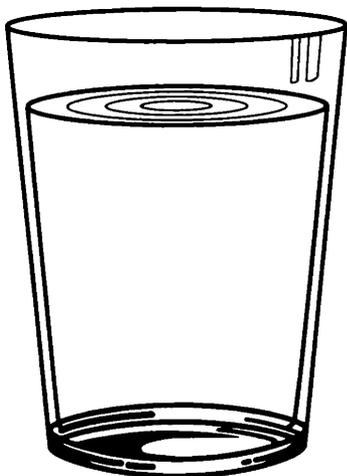


6 oz.



6 oz.

Water is another healthy drink:



NE LESSON CODE CF-000-21
Healthy Drinks for Healthy Kids
Participant Survey

LA# _____

Date _____

1. I am (circle all answers that describe you):

- a. Pregnant
- b. Breastfeeding
- c. Mother/father of an infant
- d. Mother/father of a child
- e. Teen, younger than 19 years old
- f. Friend
- g. Family member

2. Circle all of the words you would use to describe this class.

- a. helpful
- b. uncomfortable
- c. practical
- d. too long
- e. important
- f. comfortable
- g. I already know it
- h. I want more like this

3. What is the most important thing you learned in class today? _____

4. What idea would you or your family like to try? _____

5. What would make this class better for you? _____

6. Comments: _____

Thank you for your answers!

NE LESSON CODE CF-000-21
Healthy Drinks for Healthy Kids
Staff Survey

LA# _____

Date _____

1. **What did you learn from the lesson?**

2. **Was the Spanish translation of the lesson appropriate for your participants?**

- a. yes
- b. no

3. **What did you like about this class?** _____

4. **What would you change about this class? How?** _____

5. **How did participants respond to the class? Participation was (circle one)**

- a. Strong
- b. Moderate
- c. Very little
- d. None

6. **Comments:** _____

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Thank you for your answers!

Nutrition Education Lesson Code CF-000-21

Bebidas Saludables para Niños Saludables

Healthy Drinks for Healthy Kids

OBJECTIVES:

Participants will be able to state that:

- children need one serving of juice each day.
- water is the best choice for thirsty children.

MATERIALS:

- The handout, *Healthy Drinks Coloring Sheet*
- Crayons for every child
- Large index cards
- Magic markers
- Empty containers of juice, milk, soda, Gatorade, Kool-Aid, tea, coffee and a pitcher for water. If containers are not available, you can write the name of the drink on a piece of poster board to make a table tent, which will show the name of the drink to the class.
- A 4-ounce cup, a 6-ounce cup and an 8-ounce cup, all without lids.

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Juice	1
Milk	3
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Gatorade	0
Kool-Aid	0
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Coffee	0
Water	Drink When Thirsty

3. **Participant Cards** — Make sets of index cards for as many families as you expect in the class. Each set will include six cards. Write the following numbers very large on each of five cards: 0, 1, 2, 3, and 4. Also make a card that says, “Drink When Thirsty.”
4. **Participant handout** — Copy the *Healthy Drinks Coloring Sheet* handout to give to children during class.

Note:

This class is designed to promote interaction between parents and their children. If parents do not have their children with them or if their children are too young to participate, ask the parents to answer the questions directed at adults. These parents can write their answers on the *Healthy Drinks Coloring Sheet*. Their children can color the sheet later.

Before class, place the empty drink containers (or table tents) in front of the class.

ICEBREAKER:

Go around the room asking the parents to introduce themselves and tell their favorite drink. Then go around the room asking the children for their name and their favorite drink.

DISCUSSION:

1. **Todos tenemos una bebida favorita, y en una dieta sana se pueden tomar todas si se hace con moderación. Hoy vamos a hablar sobre qué cantidad de cada bebida necesitan los niños todos los días para crecer y tener buena salud.**
2. **Tengo tarjetas para entregar a todos los padres presentes y hojas para colorear para los niños.** Give each family in the room a set of the participant cards. Give the children the *Healthy Drinks Coloring Sheet* and crayons.
3. **Quiero saber lo que piensa cada una de las familias que vino a la clase. Mamás o papás, pregunten a sus hijos cuántos vasos de soda necesitan tomar cada día: ninguno, uno, dos, tres, cuatro o "cuando tienen sed". Si sus hijos no están presentes o no saben, ¿pueden los padres darnos su opinión?**

Ahora, por favor, todos los padres levanten la tarjeta con la respuesta. WIC staffers can read off the answers that the class members hold up. **La verdad es que la cantidad de vasos de soda que los niños necesitan para una buena salud es cero.** Put an index card that says "0" by the empty soda container or table tent labeled "Soda."

4. **Niños, díganles a sus papás cuántos vasos de Kool-Aid o Gatorade necesitan al día. Una vez más, si los niños no están presentes o no saben, queremos la respuesta de los padres. ¿Pueden mostrarme sus respuestas?** Read them to the class. **Los niños necesitan cero vasos de Kool-Aid o Gatorade cada día para estar sanos.** Put an index card that says "0" by the empty Gatorade and Kool-Aid container or table tents labeled with these trademarks.
5. **¿Y qué del té o café? ¿Cuántas tazas de estas bebidas creen los niños que necesitan al día? ¿Me pueden enseñar los padres sus respuestas?** Read them to the class. **Los niños necesitan cero tazas al día.** Put an index card that says "0" by the tea and coffee containers or table tents.
6. **Ahora veamos, ¿cuántos vasos de jugo creen los niños de la clase que necesitan cada día? Padres, por favor, levanten la respuesta que obtuvieron.** Read the answers to the class. **Los niños necesitan un vaso pequeño de jugo cada día.** Put an index card that says "1" by the juice container or table tent.

Aquí tengo unos vasos que muestran el tamaño del que estoy hablando. Los niños de uno a tres años necesitan un vaso de 4 onzas, como éste. Los niños de cuatro años en adelante y los adultos necesitan un vaso de 6 onzas, como éste. ¿Les sorprende la cantidad de jugo que necesitan los niños todos los días? Es mucho menos de lo que muchos niños quieren tomar. Mucha gente cree que como el jugo es una bebida saludable, es bueno tomar mucho. Pero el jugo adicional que toman los niños les impide comer otros alimentos nutritivos. También puede hacer que algunos niños aumenten de peso.

- 7. Niños, coloreen el vaso de jugo que aparece en la “Hoja para colorear de bebidas saludables” que les di al principio. Si quieren, pueden dibujar su fruta favorita al lado del vaso de jugo que colorearon. Cuando terminen, quiero ver sus dibujos. Brag about what you see! Let the older children talk about their drawings. They can tell you their favorite juice, which fruit they drew, etc.**
- 8. Ahora bien, ¿cuánta leche creen que necesitan todos los días? Give the class time to answer. Padres, por favor, levanten las respuestas que dieron sus hijos. You may read the answers to the class. De hecho, los niños necesitan 16 onzas de leche todos los días. Esto significa cuatro vasos de 4 onzas o tres vasos de 6 onzas o dos vasos de 8 onzas. Show the glasses as you talk.**
- 9. Niños, coloreen los vasos de leche que necesitan todos los días en la “Hoja para colorear de bebidas saludables”. Los vasos que aparecen en la hoja son de 6 onzas, así que necesitan tres vasos al día.**
- 10. Niños, ahora díganme ¿cuántos vasos de agua creen que necesitan todos los días? Padres, por favor, levanten la respuesta que obtuvieron. You may read the answers to the class. La mejor respuesta para el agua es "tomar cuando tienen sed". Put this answer by the container of water or table tent that reads "water." Es difícil decir exactamente cuánta agua necesita una persona al día. Todas las bebidas que toman cada día contienen agua, así que al tomarlas también toman agua. Si hace mucho calor o tienen fiebre, pueden tomar más agua de lo normal. Lo mejor es tomar la suficiente para calmar la sed. El cuerpo nos indica cuánta agua necesitamos.**

Algo que debemos recordar sobre el agua es que es lo mejor que podemos tomar cuando tenemos sed. Tomen agua en vez de soda o Kool-Aid. Tomen agua en vez de más jugo. El agua es muy saludable. Además, padres, ustedes pueden ahorrar dinero al darles agua a sus hijos en vez de bebidas como Kool-Aid, o sodas o cualquier otra bebida que tienen que comprar en la tienda.
- 11. Hay un vaso de agua en la “Hoja para colorear de bebidas saludables”. Niños, dibujen al lado o dentro del vaso un pez, una tortuga o cualquier otro animal que viva en el agua. Have all the children show their pictures.**

EVALUATION:

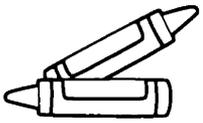
¿Cuántos niños me pueden decir una bebida saludable que pueden tomar cuando tienen sed? Best answer: *water*.

¿Quién me puede decir cuántos vasos de jugo se deben tomar al día? Answer: *one*.

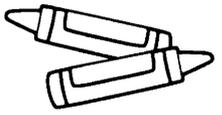
¿Cuántos vasos de leche necesitan tomar todos los días? Answer: *three or four* depending on the size of the cup.

¿Cuántas sodas necesitan todos los días para crecer y estar sanos? (You might also ask about Kool-Aid, Gatorade, tea, or coffee.) Answer: *zero*.

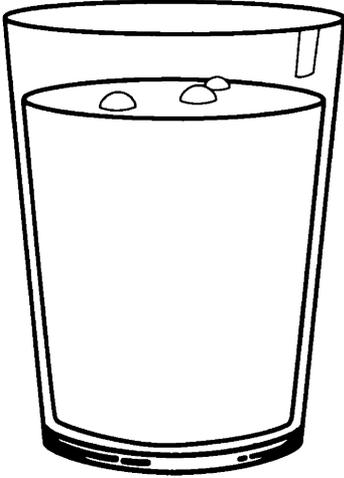
Ask the mothers if they have any questions. Tell the children that they can put their "healthy drinks" sheet up at home to remind them of how much milk, juice, and water they need each day.



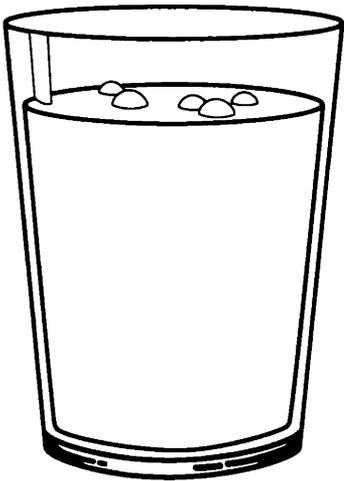
Hoja para colorear de bebidas saludables



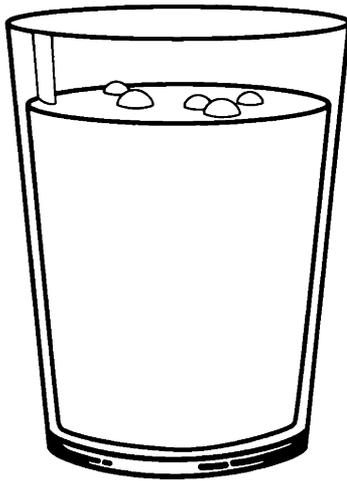
Necesito esta cantidad de **jugo** todos los días:



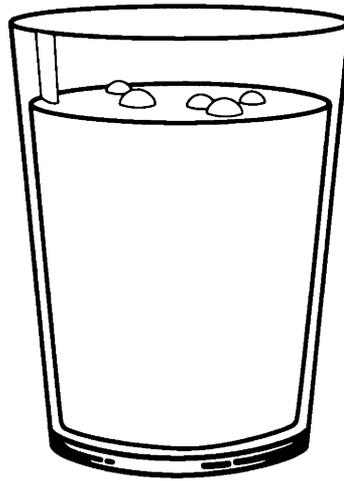
Necesito esta cantidad de **leche** todos los días:



6 oz.

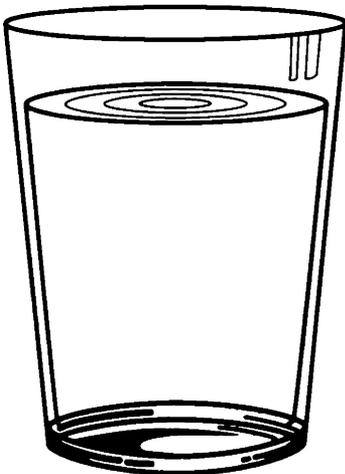


6 oz.



6 oz.

El **agua** también es una bebida saludable:



**NE LESSON CODE CF-000-21
Healthy Drinks for Healthy Kids
Staff Survey**

LA# _____

Date _____

1. What did you learn from the lesson?

2. Was the Spanish translation of the lesson appropriate for your participants?

- a. yes
- b. no

3. What did you like about this class? _____

4. What would you change about this class? How? _____

5. How did participants respond to the class? Participation was (circle one)

- a. Strong
- b. Moderate
- c. Very little
- d. None

6. Comments: _____

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Thank you for your answers!

NE LECCIÓN CF-000-21
Bebidas Saludables para Niños Saludables
Encuesta de la lección para los participantes

LA # _____

Fecha _____

1. Yo (trace un círculo alrededor de todas las respuestas le correspondan):

- a. Estoy embarazada.
- b. Estoy alimentando con pecho.
- c. Soy madre o padre de un bebé.
- d. Soy madre o padre de un niño.
- e. Soy adolescente menor de 19 años.
- f. Soy un amigo o una amiga.
- g. Soy familiar.

2. Trace un círculo alrededor de todas las palabras que usaría para describir esta clase:

- a. Útil
- b. Desagradable
- c. Importante
- d. Demasiada larga
- e. Agradable
- f. Práctica
- g. Quiero otras como ésta
- h. Ya sabía la información

3. ¿Qué es lo más importante que aprendió hoy en la clase? _____

4. ¿Cuáles ideas le gustaría a usted o a su familia intentar? _____

5. ¿Qué mejoraría esta clase para usted? _____

6. Comentarios: _____

¡Gracias por sus respuestas!