



FOOD & FUN AFTERSCHOOL, SECOND EDITION

UNIT 3

SUGAR-SWEETENED DRINKS

BE SUGAR SMART!

A NUTRITION AND PHYSICAL ACTIVITY CURRICULUM
DESIGNED TO HELP CHILDREN DEVELOP HEALTHY
HABITS DURING OUT-OF-SCHOOL TIME

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ABOUT FOOD & FUN AFTERSCHOOL, SECOND EDITION

The Y is not only one of the nation's largest providers of childcare and afterschool programs—but we are also determined to be the healthiest. As part of our commitment to young people, the Y has adopted a set of Healthy Eating and Physical Activity (HEPA) standards for early childhood and afterschool programs nationwide. The standards will build a healthier future for our nation's children by providing healthy environments rich in opportunities for healthy eating and physical activity and by supporting families to do the same at home.

The **Food & Fun Afterschool** curriculum is an ideal way to achieve the HEPA standards through activities and lessons designed to be easy to incorporate into your regular afterschool program schedules. Food & Fun includes 11 teaching units that encourage healthy behaviors through active play, literacy, math skills development, creative learning, and hands-on snack time activities. With more than 70 activities to choose from, the lessons make it simple to promote healthy eating and physical activity in your program every day! Food & Fun also gives you tools for engaging families in their children's health.

THE Y'S HEALTHY EATING AND PHYSICAL ACTIVITY STANDARDS FOR EARLY CHILDHOOD AND AFTERSCHOOL PROGRAMS

- Implement an educational program for parents and child care providers with physical activity and nutritional information relevant to the health of their children.
- Ensure that children engage in at least 60 minutes of physical activity per day (for full-day programs), including a mixture of moderate and vigorous physical activities that promote bone and muscle strengthening.
- Play will take place daily outdoors whenever possible.
- No access to television or movies.
- Limit digital device time to less than one hour per day. Digital device use is limited to homework or programs that actively engage children in activity.
- Serve fruits or vegetables at every meal.
- Serve all meals family style.
- No fried foods.
- Offer water at the table during every meal and have water accessible at all times.
- Serve beverages that do not have added sugars.
- Serve healthier beverages, including water, lowfat (1%) or nonfat milk, or 100% fruit juice (no more than one 6- to 8-oz serving per day).

The HEPA standards are based in part on years of research supported by collaborations with the Harvard School of Public Health (HSPH), University of Massachusetts at Boston, the Healthy Out of School Time Coalition (HOST) and the National Institute for Out of School Time (NIOST). Through these collaborations, as well as the experience of Ys across the nation, the Y has learned the most effective ways to create healthy environments in out-of-school time settings.

Additionally, the Institute of Medicine's Early Childhood Obesity Prevention policies, the National Afterschool Association's "Standards for Healthy Eating and Physical Activity in Out of School Time Programs" and the Let's Move Child Care Standards played a significant role the HEPA standards.

Teaching about healthy behavior is most effective when your program environment is consistent with the HEPA standards, which are supported through the Food & Fun curriculum. The Food & Fun materials were created by the Harvard School of Public Health Prevention Research Center on Nutrition and Physical Activity in collaboration with YMCA of the USA. 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 HEPA standards, visit [Exchange](#). All Food & Fun materials, including parent engagement tools, tip sheets on implementing the HEPA standards, snack recipes, and can be downloaded on [Exchange](#). For more resources from the Harvard School of Public Health, visit www.foodandfun.org or www.hsph.harvard.edu/research/prc/projects/food-fun/.

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 lowfat 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, and 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 and caregivers 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, plain yogurt and fruit (try plain or vanilla yogurt mixed with fresh or frozen 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 fats.

Refer to the “Sugar-Sweetened Beverages” tip sheet, available on [Exchange](#), for ideas on how to eliminate sugar-sweetened drinks at your afterschool program. Also see www.foodandfun.org for additional resources.

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 “Recipe and Taste Test Packet,” available on [Exchange](#).

CONNECT WITH PARENTS

KEY MESSAGES FOR PARENTS AND CAREGIVERS

- 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 lowfat 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 ounces per day (juice box size).

PARENT ENGAGEMENT OPTIONS

It is important to engage parents and caregivers 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 pickup
- 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 this unit. Display the cups of children’s usual intake of juice and the standard 6-oz 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 the parent handouts and parent communications, available in English and Spanish on [Exchange](#), to reinforce the messages in this unit of Food & Fun:

- **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:**
 - Newsletter Article: “Sugar Is Sweet—and Drinks Are, Too?” Insert this into your program newsletter.
 - Email message: “Healthy Habits Power Tips—Be Sugar Smart!” Email this message to parents at the start of this unit

RESOURCES



WEBSITES

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

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

The Harvard School of Public Health 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 School of Public Health Prevention Research Center offers additional materials and resources on nutrition and physical activity:

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.

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.

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.

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.

www.kidshealth.org

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.

www.cspinet.org/nutritionpolicy/index.html

The Center for Weight & Health at Univ. of Calif., 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](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.”

www.banpac.org/resources_sugar_savvy.htm

WEBSITES FOR KIDS

The BAM! (Body and Mind) program, of the CDC, 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.

www.bam.gov

KidsHealth also has websites especially for kids, in English and Spanish.

<http://kidshealth.org>

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

www.nutritionexplorations.org/kids/main.asp