



0 SUGARY DRINKS

MAY NEWSLETTER

2024-2025 | 3-5

Name

Grade

Teacher

ALEX'S TIP:

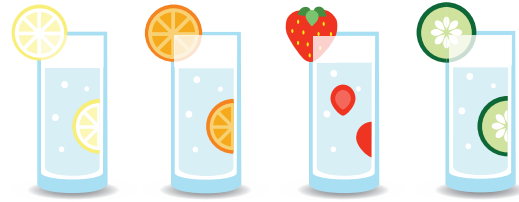
Too much sugar is bad for your health.

Just like how candy and ice cream make things sticky, sugary drinks can make your insides sticky and slow you down. Many drinks have sugar in them, like soda and sports drinks. Healthy kids should aim for less than six teaspoons of sugar per day.



ACTIVITY:

Let's set a goal together! Can we try to drink at least TWO cups of water today? Water is so important in helping keep us hydrated and helps our bodies work their best. Try adding fresh fruit like lemons, strawberries, or even oranges to your water to give it healthy flavor!



JOKE!

What do you call a duck that refuses to go in the water? **A chicken!**

BE YOUR BEST YOU!

Emotions are like the weather and just like the weather they come and go. It's okay to feel sad sometimes, you can always find the sunshine again! Can you take a moment to close your eyes, breathe deep and think about what type of weather you are feeling like today? Check out the examples below and circle one. See if someone in your class matches your feelings and talk about why you chose that one!



Sunny
(happy, joy)



Windy
(anxious, stressed)



Stormy
(angry, mad)



Light Snow
(peaceful, calm)



Rainbow
(hopeful, excited)



Rainy
(sad, lonely)



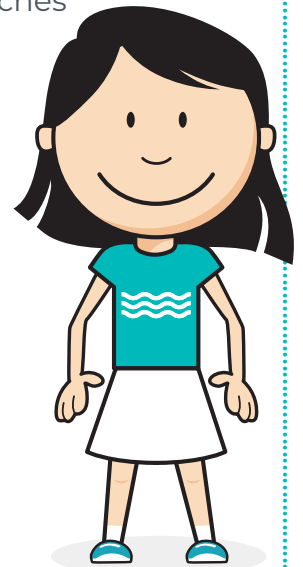
Foggy
(tired, confused)



Cloudy
(grumpy, sick)



Partly cloudy
(shy, embarrassed)




AN INDEPENDENT HEALTH FOUNDATION PROGRAM

For more information and activities visit:
www.FitnessForKidsChallenge.com

CHALLENGE:

Rethink your Drink! Draw a line to connect how many teaspoons of sugar you think are found in each drink. What did you notice about the bottle of water?

	0 Teaspoons
12 oz. Can of Soda	
	9 Teaspoons
6 oz. Juice Box	
	6 Teaspoons
20 oz. Sports Drink	
	10 Teaspoons
16 oz. Frappuccino	
	20 Teaspoons
16 oz. Water	

Soda = 10 teaspoons Juice Box = 6 teaspoons
Sports Drink = 9 teaspoons Frappuccino = 20
teaspoons Water = 0 teaspoons


Think Nutrition! Take a look at the nutrition labels. Can you find where it tells you how many grams of sugar are found in each drink? Convert these grams into teaspoons by using the key below: 1 teaspoon of sugar equals 4 grams of sugar. Write your answer in the box below each one!

Nutrition Facts	
Serving Size	1 Can
Amount per serving	
Calories	180
Total fat 0g	0%
Sodium 45mg	3%
Sugar 40g	45%
Carbohydrate 54mg	38%
Protein 0g	0%

How many teaspoons of sugar?









Nutrition Facts	
Serving Size	1 Can
Amount per serving	
Calories	75
Total fat	0%
Sodium 90mg	6%
Sugar 12g	5%
Carbohydrate 35mg	12%
Protein 0g	0%

How many teaspoons of sugar?


1 teaspoon of sugar = 4 grams

Next time you are going to grab a drink at home or at school, take a look at the label. You can use this trick to figure out how many teaspoons of sugar it has! Just like in Alex's tip, we should aim for 6 teaspoons or less of sugar a day!

Answers:

-  Yellow = **28**
-  Lt. Blue = **18, 24**
-  Blue = **9, 30**
-  Purple = **20**
-  Red = **36, 56**
-  Orange = **14, 21**
-  Green = **32**
-  White = **12**

COLOR BY MATH

Solve the math and color the fish!

