



Power Beverages

The Top 3: Water, low fat or fat free milk, and 100% juice. These 3 drinks are the most naturally nutritious beverages! Literally thousands of beverages exist, and some even claim to be better than these 3. Research tells us that adding vitamins, minerals, and even protein to beverages, cannot compare to the health benefits that come uniquely from nature in milk, water, and 100% juice.

Top 3 Drinks Survey

- Copy and distribute the following survey, or ask the questions aloud while the students raise their hands to answer. Tally the results on a whiteboard for all to see.
 1. How many glasses of water do you usually drink each day?
 - 0 1-2 3-4 5-7 8 or more
 2. When you are thirsty, what drinks do you choose most often? Pick 3.
 - Milk, water, 100% juice, juice flavored drinks, soda, diet soda, energy drink, sports drink
 3. Would you like to make some changes to choose drinks that are lower in fat and don't have sugar added to them?
 - yes No, I'm already making healthy choices No, it isn't a change I want to make now
- Divide the class into 3 groups. Have each group create a bar graph for one of the survey question's results. Post the graphs in the classroom or on a bulletin board.

Water, Milk, Juice – Choose the Best of the Best!

Collect labels from all different kinds of milk, water, and juice beverages that the students bring from home. For tap water, use an empty cup, labeled water. Pass each student a label.

- Everyone who has a milk label lines up in order from highest amount of fat to lowest amount of fat.
- Everyone who has a water label line up from most ingredients added, to least ingredients added (the person with the water cup).
- Everyone with juice labels line up with most added sugar to least (100% juice). Those with artificial sweeteners (like aspartame, saccharin, sucralose, or acesulfame K) will line up between the ones with added sugar and the ones with 100% juice. If there are any sports drinks, have them line up with the juice labels according to sugar levels as well.

Have students determine if their label is one of the top three drinks – water without anything added to it, milk that is low fat or fat free, or juice that is 100%, no sugar added. Those students step forward in front of the class. These represent the best choices of all the milk, water, and juice labels in the class. Have students vote on the “best of the best” and post the results.

The W-M-J Challenge

Challenge students to choose only water, low fat or fat free milk, or 100% juice to drink for the next 24 hours. Have them log everything they drink and return it to class the next day for comparing results. Were they able to choose healthy beverages all the time? Most of the time? Some of the time? Or none of the time? Graph the results. Was it hard to do it for 24 hours? What about a few days or for a week?

Note: Excessive intake of 100% fruit juice (more than 8 to 12 ounces per day) is a source of excess calories. Remind students that you can have too much of a good thing!

