

Fifth Grade Activity Booklet Lesson Plan Why Choose Water?

GPS HE5.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

GPS HE5.6: Students will demonstrate the ability to use goal-setting skills to enhance health

GPS HE5.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Materials	
Student supplies: <ul style="list-style-type: none"> HealthMPowers Activity Booklet (page 4) Choosing Healthy Habits Planner 	Teacher supplies: <ul style="list-style-type: none"> Several empty clear bottles from different types of drinks (optional) Sugar (optional) Teaspoons (optional)
Opening	<p>ESSENTIAL CONCEPTS:</p> <ul style="list-style-type: none"> I can drink more water and less sugary beverages I can name at least 3 reasons why water is good for my body and my health. I can set a goal regarding an amount of water to drink. <p>HOOK/INTRODUCTION ACTIVITY:</p> <p>Background: Every day we decide what to drink during and in between meals. It is important that we know how these decisions impact our health and how we feel. Water is always the healthiest option. One reason is because it has no added sugars that harm our health. When we feel thirsty, rather than reach for a sports drink, a soda, or any other sugar-sweetened beverage, we should try drinking water.</p> <ul style="list-style-type: none"> Ask students to remember and write down everything they had to drink yesterday or today. Include the amount of each drink as well (for example, if a student had water with lunch and dinner, have them specify that rather than just "water") Then, ask students to use this list to estimate the amount of sugar they consumed that day from beverages alone.
Exploring	<p>STUDENT AND TEACHER PROCEDURES:</p> <p>Lesson: Water is so important for our bodies for a variety of reasons (see Assessment), but one reason is that it contains 0 grams of sugar. Sugar can be harmful to our bodies if consumed in excess amounts, so the more places in our diet that we can remove it, the better. An easy place to start is by choosing water instead of sugary beverages like sports drinks, soda, and fruit flavored juice (rather than 100% fruit juice.)</p> <p>In the United States, one of the top source of added sugar in a diet is</p>



	<p>sugar sweetened beverages. A diet high in sugar is often linked to obesity, heart disease, and cavities. Also, these drinks with high sugar content are known as “empty calorie” drinks. A food or drink with empty calories means it is high in calories and low in nutrients. When we choose these foods and drinks, we are missing out on the important nutrients like vitamins and minerals that are essential for our bodies to thrive. Without these nutrients, we are more likely to get sick.</p> <p>To see if your drink contains sugar, look at the nutrition label under “Sugar.” You can also find sugar on the ingredients list on the nutrition label. However, be aware that sugar has many names! These include brown sugar, corn sweetener, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, honey, lactose, malt syrup, maltose, molasses, raw sugar, and sucrose.</p> <p>Activity:</p> <ul style="list-style-type: none"> • NOTE: 4 grams = 1 teaspoon • In groups or individually, have students convert the grams of sugar to teaspoons from each sugary drink. To convert the number of grams of sugar into teaspoons, find the amount of sugar in grams on the back of the bottle on the food label. Divide the number grams, per serving, by 4. This will give you the number of teaspoons that are in each sugary drink. For example, if a drink contains 26 grams of sugar, $26 \div 4 = 6.5$ teaspoons of sugar. So they would put 6.5 teaspoons of sugar in that particular bottle. • Set each sugar-filled bottle at the front of the classroom so everyone can see. Observe and discuss the differences in amount of sugar. <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • “Food Choices” Activity on page 85 of the Choosing Healthy Habits Planner
	<p>Assessment: Complete <i>Why Choose Water?</i> in the HealthMPowers Activity Booklet (page 4)</p>
<p style="text-align: center;">Closing</p>	<p>REVIEW:</p> <ul style="list-style-type: none"> • Have students write down 3 reasons why it is important to choose to drink water instead of sugary drinks. Have them turn to a partner to share ideas. Together, see if they can come up with 1 more reason that isn’t on either of their lists. • Challenge students to set a goal for themselves to drink 8 cups of water every day this week. Ask them to come up with at least 2 ways to make this goal more attainable (e.g. bring a





reusable water bottle to class, infuse their water with fruit to add flavor.) Make sure they keep track of their water intake in their planner so they can know if they reached their goal.

Benton, Jane M., Carbohydrates and Sugar. 2017. <https://kidshealth.org/en/parents/sugar.html?WT.ac=ctg#cathealthy-eating>
Centers for Disease Control and Prevention. 2019. <https://www.cdc.gov/nutrition/data-statistics/know-your-limit-for-added-sugars.html>



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