

# HEALTHY KIDS ARE SWEET ENOUGH

**By: Krystiana Munroe & Yusra Khan**



# SUGAR CONTENT, ASSOCIATED HEALTH PROBLEMS & DENTAL CARIES

- **Overall Goal:** Encourage children to make and choose fruit infused water drinks instead of high sugary drinks to prevent dental caries and reduce sugar consumption.
- **Icebreaker:** Ask the kids what their favorite drink is and how often they drink it. Most children said they usually have soda (coke, pepsi, fanta), juices and lemonade.
- **Cognitive & Psychomotor Domains-** learning experience for the children

# COGNITIVE DOMAIN

- The children will understand the importance of reducing sugary beverages and substituting fruit infused water as a healthy alternative.
- The children will tell us which drinks are healthier based off of the information we provided to them on the sugar content of multiple beverages.

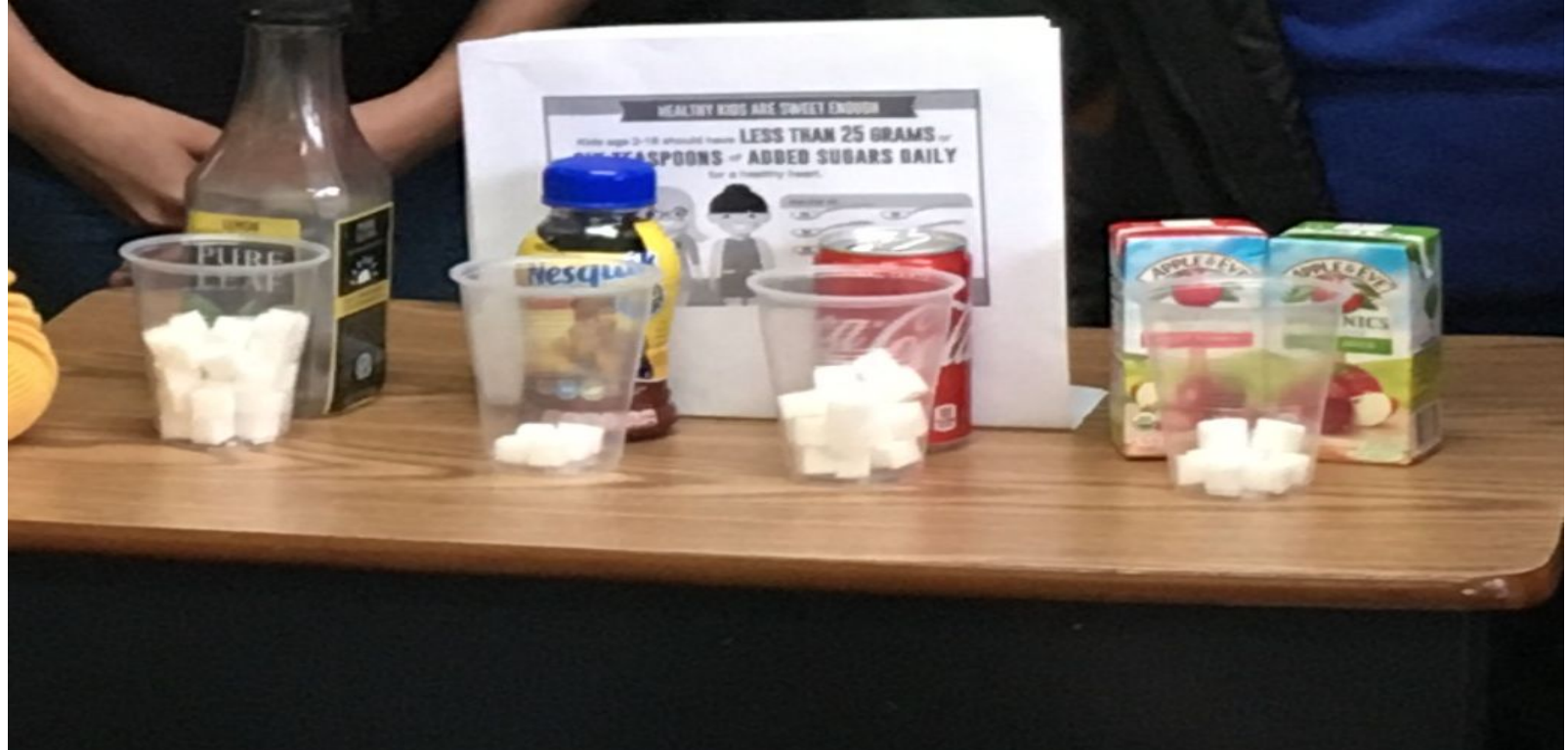


# HOW MUCH SUGAR IS IN EACH BEVERAGE?

- Soda Coca-cola – 7.5 oz can; (50 grams) (22 sugar cubes)
- Fruit punch juice box- 6.75 oz box, (21 grams) (9 sugar cubes)
- Apple juice box – 6.75 oz box; (20 grams) (9 sugar cubes)
- Iced tea – 18.5 oz bottle; (76 grams) (33 sugar cubes)
- Chocolate milk 100 calorie – 8 oz bottle; (12 grams) ( 5 sugar cubes)



# VISUALIZATION OF SUGAR IN EACH BEVERAGE



# PSYCHOMOTOR DOMAIN

- The children were able to pick their own combination of fruits provide (lemons, limes, oranges, cucumber & pineapple) to flavor the water for a new taste experience.



- Drinking just one sugar sweetened beverage per day often meets or exceeds the daily recommended added sugar limit.
- Sugar-sweetened beverages provide few or no key nutrients.
- Water has zero added sugar, so it is a great alternative to sugar-sweetened beverages.

**HEALTHY KIDS ARE SWEET ENOUGH**

Kids age 2-18 should have **LESS THAN 25 GRAMS** or **SIX TEASPOONS** of **ADDED SUGARS DAILY** for a healthy heart.

*less than six...*

less than six...  
tsp  
tsp  
tsp  
tsp  
tsp  
tsp

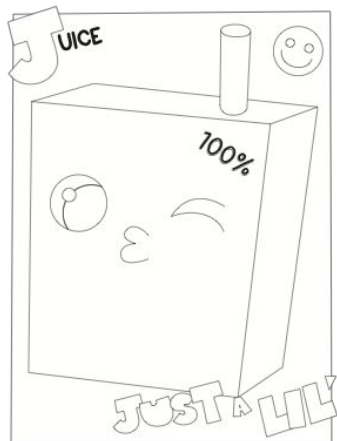
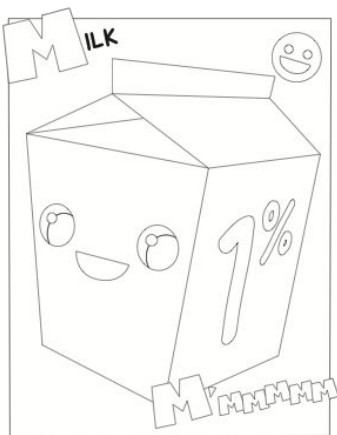
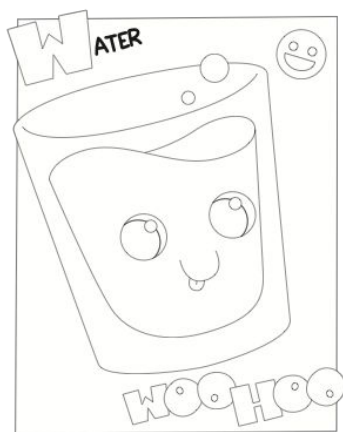
Source: American Heart Association statement.  
Added Sugars and Cardiovascular Disease Risk in Children

 American Heart Association.  
life is why™

The infographic features a blue border and a red banner at the top. Below the banner, the text is centered. To the left of the text are three cartoon children: a boy with dark skin and curly hair in a red and white striped shirt, a girl with blonde hair and pink glasses in a pink shirt and yellow skirt, and a girl with black hair in a green polka-dot dress. To the right of the text is a graphic of six spoons arranged in two columns of three, with the text 'less than six...' above them. At the bottom right is the American Heart Association logo and tagline.

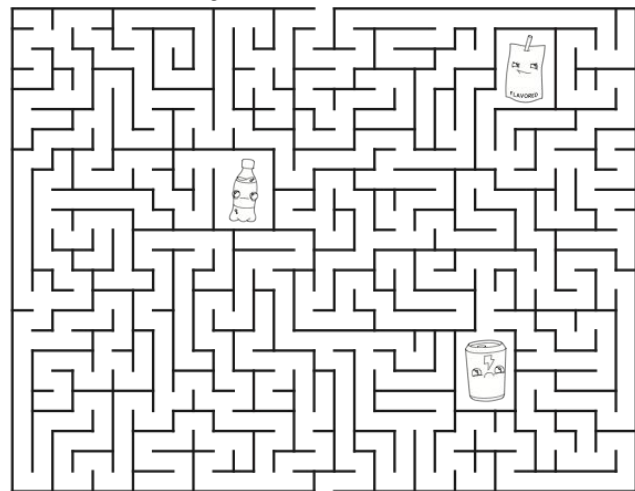


# HANDOUTS



## YOU ARE SWEET ENOUGH!

Say so long to sugary drinks like Fruity drinks, lemonade, sports drinks, sweet tea and sodas. Avoid them as you work through the maze to reach the healthy, delicious drinks below!



Your heart and brain will say Wahooo to Water and Mmmmm to 1% Milk!



Drink just a little of 100% juice and eat whole fruit and veggies instead.

### PARENTS!

The American Academy of Pediatrics recommends that children under 1 year not drink fruit juice. Older children should limit 100% juice to 4 ounces for children ages 1-3 years, 4-6 ounces for children ages 4-8 years and 8 ounces for those 7 and older.

The American Heart Association recommends avoiding added sugars and sugary drinks for children under the age of 2 and limiting sugary drinks for older children ages 2-18 to no more than one 8 oz. sugary drink per week. Some kids today drink as much as ten times that amount!

Learn more at [heart.org/eatsmart](http://heart.org/eatsmart)



# RESULTS

- From this lesson the children learned and understood the importance of reducing sugary beverages on their health.