Lesson Two Questionnaire - Student

Sugar and Hydration

Name: _____ Date: _____

Statements about Water		Agree (mark with X)	Disagree (mark with X)	Support for opinion
I know how much sugar is in the drinks that I drink.	Before the lesson			
	After the lesson			
I will make positive changes about my health by drinking fewer sugary beverages.	Before the lesson			
	After the lesson			
I need the same amount of water every day to stay healthy.	Before the lesson			
	After the lesson			

STEP 3 - DO THE MATH (SUGAR)

SUGAR CALCULATION

Four grams of sugar equals 1 teaspoon. Multiply the number of grams of sugar by the number of servings per container. Divide by 4 to get the number of teaspoons of sugar.

[# of Servings X Sugar Grams ÷ 4 = Teaspoons of Sugar]

20 OUNCE BOTTLE OF COLA

Nutrition Facts

Serving Size 8 fl. oz (240 ml)
Servings Per Container 2.5

Amount Per Serving	
Calories 100	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 27g	19%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 0g	

Vitamin A	0%	• Vitamin C	0%
Calcium	0%	• Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

To burn off the calories in a 20 ounce bottle of cola, you would need to walk briskly for one hour!

NUTRITION QUIZ 3

20 OUNCE BOTTLE OF COLA

_____ How many servings per container?

_____ How many grams of sugar per container?

_____ How many teaspoons of sugar per container?

FACTS AND FIGURES

1. About 300,000 Americans die each year from complications of obesity - nearly 1,000 every day, one every 90 seconds.
2. The average American consumes almost 17,000 teaspoons of added sugars each year.
3. Corn syrup consumption increased from a yearly average of 1.5 pounds in 1970, to 63 pounds in 2000, an increase of more than 4,000%.
4. One in three children born in the United States in 2000 will become diabetic unless they start eating less and exercising more. The odds are worse for African American and Latino youngsters - nearly half of them are likely to develop the disease.

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Healthy Living

Sugary Drink Predictions

Name:_____ Date: _____

*Examine the bottles of sugary drinks on the table. Rank them in order of sugar contained in the **entire** bottle: **1 = the drink with the MOST sugar and 6 = the drink with the LEAST sugar.** **Complete the "My Ranking" section ONLY.** We will complete the remainder of the table after all participants have made their predictions.*

Drink	My Ranking (1-6)		Actual Ranking	Grams of Sugar in the Entire Bottle = Number of Servings X Grams of Sugar	Teaspoons/Cubes of Sugar Formula = Grams of Sugar ÷ 4
A					
B					
C					
D					
E					
F					

Wrap-up:

1. What, if anything, surprised you about the results of this activity?

2. What are the consequences of drinking sugary drinks?

3. What are some strategies for reducing the amount of sugary beverages that you drink?

4. Write a realistic goal for reducing your consumption of sugary drinks.

Dehydration/Rehydration Worksheet

(Dehydration/Rehydration Formula taken from: http://www.ibx.com/htdocs/custom/bsr/newsletter6/hydration_formula.html)

Dehydration/Rehydration Formula:

Body Weight/2 = number of ounces of water needed per day

ADD 8 ounces for every half hour of exercise

Helpful conversions:

- 1 gallon = 4 quarts = 128 ounces
- 1 Liter = 33.814 ounces
- Price per gallon for East Bay Municipal Utility District (EBMUD) tap water = $0.003/gallon
- Typical bottled water volume = 0.5 Liter
- Typical bottled water (0.5 Liter) cost = $1.50
- 1 Liter = 0.264 gallons

Character Scenario A:

Julia weighs 100 pounds. Today she walks her dog for 30 minutes. Tomorrow she will play basketball for an hour.

How much water will Julia need today? How much will that water cost if she drinks tap water? How much will that water cost if she drinks bottled water?

How much water will Julia need tomorrow? How much will that water cost if she drinks tap water? How much will that water cost if she drinks bottled water?

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Character Scenario B:

Jose weighs 114 pounds. He plays soccer with his friend for an hour after school. He walks to the park and home for 30 minutes.

How much water does Jose need if he does no exercise? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?

How much additional water does Jose need today (since he exercised)? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?

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Character Scenario C:

Daniel weighs 124 pounds. Tomorrow, he plans to ride his bike to school (20 min.) then to his cousin's house (15 min.) and then home (15 min.).

How much water does Daniel need if he does no exercise? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?

How much water will Daniel need tomorrow? How much will that water cost if he drinks tap water? How much will that water cost if he drinks bottled water?