



Nurture – Kids Session 3

Better Beverages-The Importance of Hydration

Agenda

20 minutes	<ul style="list-style-type: none"> • Exercise: See Family Exercise Lessons. • Introductions
15 minutes	<ul style="list-style-type: none"> • Better Beverages • Samples of the following beverages: milk, water, soda, sports drink, 100% Juice – these should all be the same serving size
5 minutes	<ul style="list-style-type: none"> • Review Keeping it Clean, Safety Tips, Reading a Recipe
20 minutes	<ul style="list-style-type: none"> • Everyone washes hands • Read recipe, talk about MyPlate/food groups, and make Green Machine • Read recipe, talk about MyPlate/food groups, and make Watermelon Smoothie • Everyone helps clean up
20 minutes	<ul style="list-style-type: none"> • Elephant Tag
5 minutes	<ul style="list-style-type: none"> • Complete recipe & session evaluations, present to parents what they learned/made

Additional Materials need for class

Program Management materials -	<ul style="list-style-type: none"> • Name Tags • Recipe Evaluation Forms • Pens 	
Cleaning supplies – Food Serving Supplies – (In Nurture Storage Unit)	<ul style="list-style-type: none"> • Wipes • Sponge • Dish soap • Dish towels • Paper towels 	<ul style="list-style-type: none"> • Plates • Spoons • Cups • Water pitcher • Napkins
Green Machine (enough for 8 to 12 kids)	<ul style="list-style-type: none"> • 4 to 6 bananas • ½ cup lemon juice • 6 oz of washed spinach • ¼ cup honey • water 	<ul style="list-style-type: none"> 1 blender 1 strainer 1 Tablespoon 1 teaspoon 1 cup

	<ul style="list-style-type: none"> • ice 	1 liquid measuring cup
Watermelon Smoothie (enough for 8 to 12 kids)	8 cups seedless watermelon 3 cups ice 4 tsp lime juice 4 tsp powdered sugar Optional – garnish with lime zest	1 blender 1 juicer 1 zester (optional) 2 - 1 teaspoon measures ½ cup measure
Teaching Aids	<ul style="list-style-type: none"> • Beverage containers of similar size for milk, sports drink, 100% juice, soda, water • 1 or 2 pool noodles 	

Everyone washes hands after exercise

Make introductions

- Talk about class format: start with exercise, then do lesson, then cook, then game/activity
- Introduce teachers, assistants, and kids by having each say
 - Name
 - What their favorite type of active play is
 - What the favorite (healthy) food to cook is (if kids mention slow foods, that's ok)
 - If have sibling/relative there, who is it

Lesson: Better Beverages

Goals:

- *Students will learn the importance of staying hydrated*
- *Students will be able to identify healthy beverage choices*

Background: Many children don't drink enough water. Dehydration can lead to headaches, nausea, diarrhea, fatigue, mood swings, and cramping. Note that there is no one magic number as to how many ounces of water a child should drink in a day (given the variability in activity level and size of the child), however one can safely assume that most children need no less than 5 cups of water per day. This lesson will emphasize that water is the best beverage choice, followed by milk (or milk substitute), and finally 100% juice (but no more than 1 cup per day). Sports drinks, punch, and sodas are beverages that should be consumed in moderation, if at all.

Lesson:

(Summarize the previous Nurture lesson) Raise your hand if you remember what we talked about the last time I was here...

(Line up the beverages on a table or desk)

Leader: Today we are going to have a race! I have 5 competitors:

1. Starting in position one is wonderful water
2. Position two is swift soda
3. At position three we have marvelous milk
4. Position four is speedy sport drink
5. Finally, position number five is jumpin' juice

Before we start our race, I'd like to give you a little more information about the importance of drinking fluid. Staying hydrated is incredibly important for our health, but there are quite a few beverage options to choose from! During this race, we will find out which choice is the gold medal winner.

Our bodies need to stay hydrated. Over 60% of our body is made of water! When we don't drink enough fluid, we can become dehydrated. Being dehydrated can make us feel sleepy, hungry, and sometimes crabby. It can also make it hard to concentrate, cause headaches and an upset stomach.

Kids your age need to drink 5-8 cups of fluid per day. One cup is about this size (hold up milk 8 oz. carton). The more active you are the more fluid you need to drink. Listen to your body: if you feel really thirsty you may already be dehydrated.

Who do you think is going to win the race? Let's see if you're right!

On your mark, get set, go!

First, soda and sports drink have a quick start and lead the pack. Juice is closely behind, with water and milk at a steady pace. This quick burst of energy must be from all the sugar that is in soda and sports drink.

But soda is quickly running out of energy, and is suddenly way behind the rest of the group (place at the end). Sports drink and juice are neck and neck, with water closely behind, and milk is in fourth place. Milk is slowly starting to make a break for it, she looks really strong today. Sports Drink is starting to run out of energy, his coloring doesn't look so good. He is full of dyes and artificial ingredients (second to last)

They are on the last lap and water is making a big break. Water is running swiftly, nothing holding him back! Milk is close behind, check out her smile as she passes juice.

Water is clearly way ahead of the pack. Water finishes in first place, followed by milk, then juice, sports drink, and finally soda crawls across the finish line.

The top three finishers are water, milk, and juice. Water is the best performer. It gives you long lasting energy, contains no sugar or dyes or artificial ingredients. Next is low-fat or skim milk. Milk is a good source of calcium and protein, which helps build strong bones and teeth. Finally, juice made our third place position. 100% juice contains vitamins and minerals, but it is high in sugar, **so limit to one cup per day.**

Unfortunately, the sports drink and soda didn't place in the race. These beverages are full of sugar and will slow the body down. These drinks should be consumed in moderation, if at all.

It is important to stay hydrated throughout the day! When choosing beverages, keep in mind the gold medal winner: water!

Step it up (for a more challenging lesson):

If time permits, ask for 5 volunteers. Have each volunteer identify where sugar grams are located on the nutrition label of the beverage container. Have the volunteers get in line from the beverage with the most amount of sugar to the least. If you have chocolate and plain milk, you can also compare the protein, calcium and sugar in each. The protein and calcium are the same, but the chocolate milk has almost twice as much sugar.

Chocolate milk is being promoted by some Olympian athletes as being a wonderful beverage for energy recovery after a long workout. Sports drinks are promoted for the same reason. Do you know how Gatorade got its name? It was developed for the Florida Gators football team which works out 6 hours a day in the hot Florida weather. Most of us don't get as much exercise as professional athletes or Olympians. Most of the time water and a piece of fruit and or a glass of milk is all we need. After exercising hard for a couple of hours having a water or milk and some protein like some nuts or a turkey sandwich is great for building back our energy.

100% juice is very high in sugar so should be limited to no more than 1 cup a day. A lot of juices are not 100% juice but are actually water, sweeteners, like sugar and corn syrup, flavorings and a small amount of real juice.

Teacher Tips:

- Keep it positive; don't use the word '*bad*' when talking about soda or energy drinks, but rather promote water as the clear 'winner'.
- If the question of Chocolate Milk is raised, it is important for children to drink milk. Drinking chocolate milk is better than drinking no milk. It is best to drink plain milk, but this can be done slowly. If you mainly drink chocolate milk now, try having plain milk one day a week. Slowly start choosing more and more plain milk. Alternatively treat chocolate milk as your beverage and your dessert.

- If at all possible, bring in beverage containers of the same size. This will make the comparison of sugar grams more accurate.
- If students ask about diet soda, emphasize that diet soda, although doesn't have sugar, contains ingredients that should only be consumed in moderation (if at all).
- Many kids are surprised that energy drinks are not considered healthy. Remind students that water is sufficient during exercise. Exceptions include when children are sick (electrolyte replacement), or for elite athletes who exercise all day long (but most athletes drink water)!

Resources:

http://www.cdc.gov/NCCdphp/dnpa/healthyweight/healthy_eating/drinks.htm

Keeping it Clean!

1. Always wash your hands before you start!
 - Use warm water
 - Lather on both sides of your hands, wrists and between your fingers
 - Wash for 20-30 seconds
 - Dry completely
 - Re-wash your hands any time:
 - You come in contact with raw meat
 - Touch your mouth, nose, or hair.
2. If you are not feeling well, you should not cook. Your germs can spread easily.
3. Wash cutting boards, cooking utensils, and cooking surfaces with hot, soapy water before and after preparing each food item and before moving on to the next.
4. Wash any fruit or vegetable before using it.
5. If you have long hair, pull it back into a pony tail or wear a hat so it does not get into the food.

Safety Tips

Kitchen safety is VERY important. Here are some tips to keep things safe in the kitchen.

- Never use electrical appliances in the kitchen sink. Use on a sturdy kitchen counter or table.
- Never touch anything electrical with wet hands.
- Keep electrical cords away from the sink.
- Sharp knives should be held by the handle with cutting edge away from you.
- Keep handles of saucepans turned inward on stove.

- Always use oven mitts or pot holders when handling hot dishes.
- Turn off burners and oven when not in use.
- Unplug appliances when not in use.
- Clean up as you go.
- Do not use kitchen utensils to taste food. Use a spoon to taste food and make sure not to double dip!
- Until you master things in the kitchen - follow cookbook instructions precisely.
- Always ask an adult for help if you need it!

Source: www.kidsturncentral.com

Reading a Recipe

1. Read a recipe from start to finish. If you don't understand a step, ask an adult for help.
2. Make sure you have all the ingredients before you start. If you don't have all the ingredients, make a list of what you need, ask an adult to help you buy them.
3. Gather all the necessary equipment. If you are not sure what something is, ask an adult.
4. Have fun and remember to practice all of your kitchen safety skills!

Green Machine (Shows a double recipe. Make repeatedly to use all ingredients)

Ingredients:

- 1 Banana
- 2 to 4 Tablespoons Lemon Juice
- 2 cups of washed spinach
- 4 teaspoons honey
- 6 - 8 oz of water

Directions: Place all the ingredients in a blender, and blend until smooth. You can add a few ice cubes if you like your green juice extra cold. Makes approximately 16 ounces.

Watermelon Smoothie (Shows a single recipe. Make repeatedly to used all ingredients.)

Ingredients:

- 2 cups seedless watermelon
- ½ cup ice
- 1 tsp lime juice
- 1 tsp powdered sugar
- Optional – garnish with lime zest

Directions: Add ingredients and blend.

Elephant Tag

Raise your hand and tell me why it is important to stay hydrated?

Staying hydrated is incredibly important for our health. Over 60% of our body is made of water!

What can happen if we become dehydrated?

Being dehydrated can make us feel sleepy, hungry and, sometimes, crabby. It can also make it hard to concentrate, cause a headache or cause an upset stomach.

What is the best beverage to drink to stay hydrated? Water

How much water should you drink each day?

At a minimum, you should drink 5 cups. If you are very active or it is really hot outside, you will need more water.

Do you know how elephants drink water?

They don't drink water through their trunks like a straw, but rather suck the water using their trunks and then spray the water into their mouths!

Elephants can drink anywhere from 280 to 800 cups of water per day (it depends on the season and availability of water)!

Today, we are going to play Elephant Tag. Two of you will be 'it'. Your job is to tag as many people as you can using your 'trunk' (pool noodle). You must hold the noodle with two hands and tag people below the waist. If you are tagged, you must go to the watering hole (designate a special area) and do 10 pushups (or mountain climbers, high jumps etc.) and then you can rejoin the game.

Play several rounds of the game alternating 'elephants'.