

Session 15 – Drink Water, Not Sugar

I. Objectives

- Explain the importance of drinking healthy beverages.
- List 3 examples of a healthy beverage.
- Compare the sugar content of various beverages.

II. Introduction

This lesson will cover the importance of what makes a drink healthy. Healthy drink options contain very important vitamins and minerals that your body needs.

Unhealthy drinks have very few vitamins and minerals and contain a large amount of sugar and fat. If you drink too many unhealthy beverages your body will not be healthy.

III. Vital Health Measures Collected

- Weight
- Height
- Blood Pressure
- Finger Stick Glucose

IV. Health Information

The health educator will inform the client about the benefits of drinking healthy beverages.

Eating healthy foods is very important. Drinking healthy beverages is just as important. The healthiest drinks are milk and water. Milk has very little sugar and contains calcium and other minerals that makes the bones strong.

Juice is also a healthy drink. When you drink juice it is important to make sure it is 100% juice.

Water has no sugar, fat or calories and is a great way to quench your thirst. Remember our bodies are 70% water.

Water also helps keep our body's temperature normal, lubricates and cushions our joints, protects the spinal cord and helps us to get rid of body waste.

A recommended goal for everyone is drink at least eight – glasses of water each day.

V. Activity

Every day X out how many glasses of water you drank. The goal is to drink 8 glasses of water per day.

Keep track of your water intake! Aim for 8 glasses per day!



Session 15 – Drink Water, Not Sugar

Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



