

Unit 1: Hydrate for Health



Hydrate for health!

What kinds of drinks do you have in your home? Student and parent, look in your kitchen, pantry, refrigerator, and garage together. Mark the types of drinks you find in your home on the checklist below.

COLUMN A:**WATER**

- Tap water
- Bottled water like Dasani®
- Fizzy or carbonated water like club soda or seltzer water

MILK

- Skim (fat free) or 1% milk
- Unsweetened soy milk

COLUMN B:**JUICE**

- 100% fruit juice like orange juice

SODA

- Diet sodas like Pepsi One®

OTHER DRINKS WITH NO SUGAR

- Sugar-free drink mixes or packets like Crystal Light®
- Sugar-free sports drinks like Powerade Zero®

MILK

- 2% milk
- Flavored fat-free milk

COLUMN C:**WATER**

- Flavored water with added sugars like Vitamin Water®

SODA

- Regular (not diet) sodas like Sprite®

OTHER DRINKS WITH SUGAR

- Fruit-flavored drinks like fruit punch, lemonade, Capri Sun®, Kool-Aid®, Sunny D®, horchata, or Jamaica
- Sports drinks like Powerade® or Gatorade®
- Energy drinks like Monster® or Red Bull®

MILK

- Whole milk
- Flavored whole milk

- Other drink not on the list: _____
Which column do you think this drink belongs in? **A, B, or C** (circle one)

- Other drink not on the list: _____
Which column do you think this drink belongs in? **A, B, or C** (circle one)



**Student, what is your favorite drink in Column A, B, and C?
Check out the nutrition label and fill out Column A, B and C.**

Column A beverage

Name or type: _____

Serving size: _____

fat grams: _____

sugar grams: _____

Column B beverage

Name or type: _____

Serving size: _____

fat grams: _____

sugar grams: _____

Column C beverage

Name or type: _____

Serving size: _____

fat grams: _____

sugar grams: _____

How are the drinks different?

**Student, find out your parent's favorite drink from
Column A, B, and C, fill in the information below****

Column A beverage

Name or type: _____

Serving size: _____

fat grams: _____

sugar grams: _____

Column B beverage

Name or type: _____

Serving size: _____

fat grams: _____

sugar grams: _____

Column C beverage

Name or type: _____

Serving size: _____

fat grams: _____

sugar grams: _____

How are the drinks different?