

# Educator Guide: Sugar Rapids Activity

## Recommended for Grades:

5<sup>th</sup>

## Time:

5 minutes

## National Health Education Standards:

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## Learning Objectives:

After completing this activity students will be able to:

1. Compare two or more sugary drinks to determine which is the healthier choice based on sugar content.

## Activity Description:

In this activity students will be challenged to put drinks in order based on the amount of sugar in each of them.

## Vocabulary:

Use the following list of vocabulary as a reference for yourself or your students as you complete the Sugar Rapids Activity. You may choose to use this list in any way that fits your needs.

- Serving size – the recommended portion of a food to be eaten
- Sugar – a sweet substance commonly used to sweeten foods and beverages



# Handouts

Included on the following pages are additional resources that you and your students' families may find useful.



# Nutrition and Physical Activity Resources for Parents, Caregivers and Educators

- American Academy of Pediatrics, [healthychildren.org](https://www.healthychildren.org)
- American Heart Association, [heart.org](https://www.heart.org)
- Centers for Disease Control and Prevention (CDC), [cdc.gov](https://www.cdc.gov)
- Children's Wisconsin, [childrenswi.org](https://www.childrenswi.org)
- KidsHealth, [kidshealth.org](https://www.kidshealth.org)
- Mental Health America, [mhanational.org](https://www.mhanational.org)
- National Institute of Mental Health (NIMH), [nimh.nih.gov](https://www.nimh.nih.gov)
- Society of Clinical Child & Adolescent Psychology, [effectivechildtherapy.org](https://www.effectivechildtherapy.org)
- Wisconsin Department of Public Instruction Student Services/Prevention and Wellness, [dpi.wi.gov/sspw](https://dpi.wi.gov/sspw)



# Transcript

## Instructions

Hey guys! We're getting ready for a white-water rafting trip today. But before we go, we have to pack our drinks. We should probably pick some healthy drinks, so we have the energy to last all weekend. Can you help us?

See if you can put these drinks in order based on the amount of sugar they contain per serving. Click and drag each beverage to the boxes at the bottom of the screen and click check order to see how many you have correct. You will be given eight hints. Drag a beverage to the hint box and you will be shown information from its nutrition label. Good luck!

## End

Great job. Your knowledge of the sugar amounts in sweetened drinks has helped us choose the healthiest drinks to pack.



# Acknowledgements

Children's Wisconsin gratefully acknowledges the contributions and support provided by the Wisconsin Department of Public Instruction for the research, development and delivery of the Nutrition and Physical Activity lessons and activities for 5<sup>th</sup> grade students.

Children's Wisconsin would also like to acknowledge the following individuals for serving as subject matter experts during the development of the Nutrition and Physical Activity lessons and activities for 5<sup>th</sup> grade students:

Bryan Butler, PT, DPT, LAT, Children's Wisconsin

Jennifer Crouse, MS, RD, CD, CDE, Children's Wisconsin

Eileen Hare, MS, Wisconsin Department of Public Instruction

John Parkhurst, Ph.D. LP, Child & Adolescent Psychologist, Assistant Clinical Professor of Psychiatry, Medical College of Wisconsin





Contact us:

**Children's Wisconsin  
E-Learning Center**

(866) 228-5670

[healthykids@childrenswi.org](mailto:healthykids@childrenswi.org)

