

Rethink Your Drink

Developed by Cara Gorman and Jennifer Dulaney; Franklin County



Supplies Needed:

- Various drink containers with labels
- Bags of sugar (labeled with the amount of sugar in each drink in teaspoons and grams)
- Measuring spoons
- Extra sugar
- Small bowls
- Baggies

Introduction:

Hello my name is _____. I work for the Ohio State University Extension , _____ County with the Expanded Food and Nutrition Education Program (EFNEP). I would like to take some time to share with you one of the activities that we use during our program so that you can know what to expect from the classes

Anchor:

Describe what you and your family usually drink during the day.



EFNEP

Add:

Write the drink choices that the participants share (on board or paper). Talk about making healthier drink choices by finding how much sugar is in the drink. Discuss the reasons for wanting to avoid too much sugar-it can cause tooth decay and weight gain. Look at the labels for several drinks. Find the amount of sugar in each. Show that labels list sugar in grams. Four grams = 1 teaspoon of sugar.

Apply:

Each participant will have the opportunity to match the pre-labeled baggies of sugar to the beverages on the empty containers. (Each bag is labeled with the amounts listed on the labels). If time allows, participants could measure the amounts listed on the labels.

Away:

Each participant will have the opportunity to swap his/her drink for a healthier choice for him/herself and their family using drink labels. For example, swap regular soda for a diet soda, cutting back on their sugary soda or juice during the day, or increasing the amount of water during the day. They will also be able to describe one small change in his/her beverage choice and hopefully stick with it at home and throughout their daily lives.

Closing:

"I hope you have enjoyed this short presentation. The EFNEP program is offered as a series of 8 lessons for limited income parents, grandparents, and care-givers of children under the age of 18." Share that during the eight lessons we will discuss MyPyramid, food safety, food shopping and the importance of physical activity. Each participant will receive a variety of incentives for participating in the program including measuring spoons, measuring cups, a recipe book, a physical activity book and other items. Each participant who completes the series will receive a certificate of completion from OSU Extension. Have an information sheet about the program, when the next class is scheduled and your name and phone number. If talking to potential participants, have a sign up sheet to pass around.

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