
→ Community Connections

Community connections show ideas that can:

- encourage students to take the learning process to a higher level by doing research in their community and having them present their experience and results to the classroom.
- encourage students to take action as a result of this research, and learn they have a voice in the community.
- support students future drink choices in “real life situations.”

→ **Note 1:** For additional **Community Connection** ideas, we suggest you talk to the public health dietitian and/or other health professionals in your district.

→ **Note 2:** For any 1 of the following activities, students can present the results of their research to the class or school using posters or a PowerPoint™ presentation. The recreation centre and grocery store activities also work well as **Home Connections**.

At the Recreation Centre

After skating, playing hockey or doing some other activity at your recreation centre, ask students to take a look at the options for quenching their thirst.

- *What drinks are in the canteen?*
- *What drinks are in the vending machines?*
- *Are water fountains nearby?*

In the Grocery Store

Next time students are in a grocery store, have them take a look at the drinks on the shelves. Compare the number of fruity drinks with 100% fruit juices.

At a Sporting Event

Organize a student survey at a sporting event to find out how many students have sports drinks during or after a game or training.

- Graph the results.
- Collect facts about sports drinks and for whom sport drinks are appropriate.
- Research ingredients in healthy drinks that quench thirst during and/or after working out.
- Based on this research, find or create fun recipes for drinks that quench thirst during and/or after working out.