

# Activity 1. Eating Well with Canada's Food Guide or Eating Well with Canada's Food Guide - First Nations, Inuit and Métis (5-10 mins)

## Key Messages

- Some drinks don't fit into the 4 food groups in *Eating Well with Canada's Food Guide* or *Eating Well with Canada's Food Guide - First Nations, Inuit and Métis*.

## Objectives

- To recognize that sugary drinks do not contain enough nutritional value to fit into 1 of the 4 food groups.

## Preparation

You need:

- Magnets or tape
- Big sticky notes
- Sip Smart! BC™** Drink Cut-outs

Also:

- Write the names of the 4 food groups on the blackboard: Vegetables and Fruit, Grain Products, Milk and Alternatives, Meat and Alternatives
- Review Backgrounder: *Guide to Making Healthy Drink Choices* (page 118).
- Note:** This lesson assumes students will have completed 1 **Sip Smart! BC™** Drink Diary and their reports have been summarized. See Lesson 1, Activity 3.

**The Punchline!**  
Many important nutrients are found in healthy drinks, like calcium and vitamin D in plain milk and unsweetened fortified soy beverage. Other drinks may not have enough nutritional value to fit into 1 of the 4 food groups.

## Activity

### Level 1

10 minutes

- Ask students to brainstorm drinks and each write 1 idea on a sticky note.
- Review the 4 food groups with students.
- Have students put their sticky note on their forehead (or shirt) and silently group themselves into groups of drinks that fit into the 4 food groups vs. drinks that do not.
- Place the **Sip Smart! BC™** Drink Cut-outs and sticky notes into the appropriate food groups on the blackboard.

5 minutes

- Review the 4 food groups with students.
- Choose some drink examples (**Sip Smart! BC™** Drink Cut-outs or real containers) and ask students where to place them on the blackboard.
- Ask:  
Q. Why is it better to eat fruits and vegetables than drink them?  
A. ✓ Because fruits and vegetables have fibre and other benefits to our bodies  
✓ As sugary drinks don't make you feel full and satisfied, you might drink more than you really need. Fruits and vegetables fill you up and help you balance your overall food intake.

### Level 2

# Guide to Making Healthy Drink Choices

| Choose most   | Choose sometimes  | Choose least or not at all  |
|---|---|---|
| <b>Water</b> – great for keeping a person hydrated, and for sipping all day   | <b>100% juice</b> – has naturally occurring sugar, but may also contain vitamin C and A, folate, potassium, and antioxidants (125 mL or 1/2 cup of juice is enough for 1 day)   | <b>Sports drink</b> – has high sugar content; is intended for use during / after intense and continuous physical activity lasting longer than 90 minutes                          |
| <b>Plain milk</b> – has some naturally occurring sugar but also contains key nutrients like protein, calcium, vitamins A and D<br><br><b>Plain milk alternative:</b> unsweetened fortified soy beverage | <b>Reduced sugar flavoured milk</b> (e.g. chocolate, strawberry)<br>– contains more sugar than plain milk but has just as much nutritional value<br>– reduced sugar milks will have 20 grams or less sugar per 250 mL<br><br><b>Reduced sugar flavoured milk alternative:</b><br>Reduced sugar flavoured fortified soy beverage | <b>Fruit drink</b> – contains only a small amount of real juice; most of the flavour comes from sugar; fruit drinks may also be called fruit "cocktails", "blends" or "beverages" |
|   |   | <b>Pop</b> – is high in sugar and has no nutritional value; cola often contains caffeine  |
|   |   | <b>Diet pop</b> – has no sugar, contains artificial sweeteners and acid (harmful to teeth), no nutrients, and sometimes caffeine  |
|   |   | <b>Energy drink</b> – has high sugar content and high or very high caffeine content; may also contain other harmful additives   |
|   |   | <b>Regular flavoured milk/fortified soy beverage</b> – contains more sugar than plain or reduced sugar flavoured milk   |

## References

Consistent with BC Ministry of Education and BC Ministry of Health, *Guidelines for Food and Beverage Sales in B.C. Schools*, 2013  
Reference for “choose most definition” adapted from Alberta Health Services, *Healthy Eating for Children and Youth in Schools*, 2012

## Choose Most

Foods and drinks in the “choose most” category can be consumed daily, in appropriate amounts and portion sizes. These foods are recommended as healthy choices in *Eating Well with Canada’s Food Guide* or *Eating Well with Canada’s Food Guide - First Nations, Inuit and Métis*. and have little or no added sugar, fat or sodium (salt).