

Activity 2. "Bump Out" (5-10 mins)

Key Messages

- Drinking sugary drinks "bumps out" nutritious drinks.

Objectives

- To consider how drinking sugary drinks displaces healthy drinks.

Preparation

You need:

- 8 large sticky notes
- Chalk
- Optional: 2 or 3 skipping ropes
- **Sip Smart! BC™ Drink Cut-outs**
- To write WATER on 5 of the sticky notes.
- To write PLAIN MILK on 3 of the sticky notes.

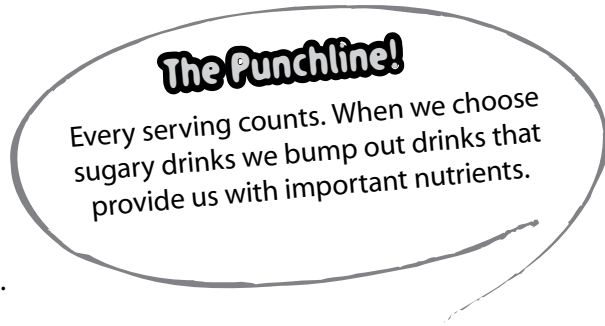
Level 1



Level 2

You need:

- Dry erase overhead pens in at least 4 different colors (suggest blue, red, black, green)
- Also:
- Make overhead transparency of Overhead 7: *Every Serving Counts!*



Activity

10 minutes

- Draw a chalk line on the floor to represent the size of an imaginary stomach. *Optional:* use skipping ropes to outline a "stomach".
- Ask 8 students to come to the front and stand in the stomach area.
- Give each of them 1 of the "plain milk" or "water" sticky notes to represent the 8 cups of fluid per day.
- **Example 1:** *What if you want pop at recess?*
 - Assign the pop *Drink Cut-out* to another student.
 - Have a "pop" student enter the stomach area.
 - 1 pop bottle = 2 cups of liquid, so 2 water students get "bumped" out of stomach.
 - Ask the sugary drink students to sit down.
 - Have students count how many nutritious drinks are left.
- **Example 2:** *What if a friend offers you a sports drink instead of water after your soccer game?*
 - Add a "sports drink" student.
 - 1 sports drink = 3 cups, so take away another 3 cups of healthy drinks (2 water, 1 plain milk).

Level 1



Level 2

5 minutes

- Display Overhead 7: *Every Serving Counts!*
- Colour 5 cups blue and 3 cups green to show ideal intake.
- Put new colours on top of the original coloured cups to explain the displacement of healthy drinks.
- **Example 1:** *What if you want pop at recess?*
 - 1 pop bottle = 2 cups of liquid
 - Pop = black
 - Colour 2 water cups black.
- Have students count how many nutritious drinks are left.
- **Example 2:** *What if a friend offers you a sports drink instead of water after your soccer game?*
 - 1 sports drink = 3 cups of liquid
 - Sports drink = red
 - Colour 3 water cups red.
- Have students count how many nutritious drinks are left.

Activity Tips

The 8 glasses represent the approximately 8 cups of fluid each day required by students their age (9-12 years old). Ideal minimum intake: 5 cups of water, 3 cups of plain milk/unsweetened fortified soy beverage.

Increased activity, warmer weather, illness, etc. may increase fluid needs.

SIP SMART! BC EVERY SERVING COUNTS!



Sugary drinks bump out nutritious drinks!

Overhead 7: Every Serving Counts!