

# SIP SMART! BC™

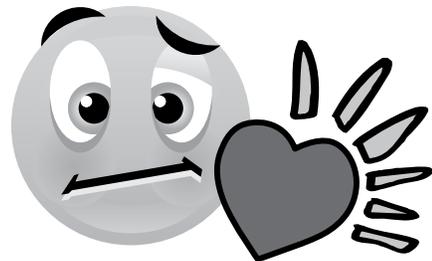
## CAFFEINE SYMPTOMS



**mind wandering**



**heart beating too fast**



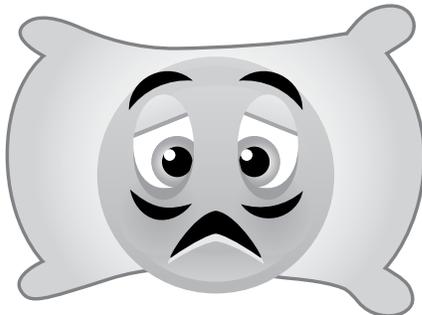
**headache**



**more trips to the bathroom**



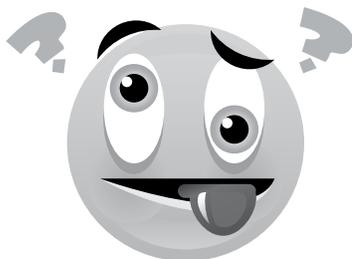
**tired/trouble sleeping**



**feeling sick**



**fidgity and restless**



**irritable and anxious**



# SIP SMART! BC™

## CAFFEINE SCENARIO

It is a hot and sunny day at the beach.  
Tom is thirsty and goes to the concession stand and buys a can of ICED TEA.  
It's delicious and refreshing.

He feels fit to play beach volleyball for another hour!

After an awesome game, he craves something to pick him up while cooling him down, so he buys a medium ICED COFFEE for the walk home.

Once at home, he remembers that he has a test in school tomorrow. He sits at his desk and starts reading. He notices his **mind wandering** and his **heart beating too fast**. He is getting a **headache**. He also has to **go to the bathroom** way more often than usual.

An hour later he feels **tired**, but he still has to study for the test. In the fridge he finds an ENERGY DRINK. He remembers that the commercial for this drink says that it wakes you up and gives you energy immediately. Exactly what he needs to focus on his studies!

Later, **feeling sick**, he decides to go to bed early. He feels **fidgity and restless**. The next morning he is **irritable** with his friends and **anxious** about just about everything.

### What happened?



# SIP SMART! BC™

## "ROLE" WITH IT! SCENARIOS

### ➔ THE SOCCER GAME

**Players:** 3-4 soccer players (at least 1 player knows how to make healthy drink choices)

**Scene:**

You and your friends have just finished a soccer game against a really tough team. You are walking off the field, recapping the best parts of the game while congratulating each other on playing well. You are all thirsty and walk to a concession that offers sports drinks, milk and water.

**What drink do you choose? Let us know why!**



### ➔ THE LONG DRIVE

**Players:** 2 adults, 2 children (at least 1 player knows how to make healthy drink choices)

**Scene:**

Your family is going on a summer camping holiday. It is hot and you are all very tired, but the trip is not yet over.

You have all been in the car for 4 hours now and are really thirsty and hungry. The driver pulls into a gas station, gives the kids some money and asks them to buy drinks.

**What drinks do you choose?**

**Now that you are back in the car, explain to the adults why you chose these drinks!**



### ➔ AT THE MOVIES

**Players:** 3-4 friends (at least 1 player knows how to make healthy drink choices)

**Scene:**

You and your friends have just watched a movie at the local multiplex. You chat about how great the movie was and that now you want a drink.

On your way out you notice they have pop for sale after the show because the movie star is also in the pop commercials.

You can either buy a bottle of pop for \$2, a box of milk for \$2 or a box of fruity drink for \$2.

**What do you choose? Let us know why!**

# SIP SMART! BC™

## HOW MUCH SUGAR ARE YOU DRINKING?



14

500 mL (2 cups)



21

500 mL (2 cups)



20

500 mL (2 cups)



10

355 mL (1 1/2 cups)



8

591 mL (2 1/2 cups)



14

500 mL (2 cups)



10

700 mL (2 3/4 cups)



17

591 mL (2 1/2 cups)



24

1000 mL (4 cups)

The amount of sugar in these drinks varies by product and choice. 1 sugar cube = approximately 1 teaspoon sugar.



# SIP SMART! BC WHAT SIZE IS YOUR DRINK?



XS (extra small) = 125 mL • S (small) = 250 mL • M (medium) = 355 mL • L (large) = 500 mL • XL (extra large) = 1 Litre

The 50 Award KIC updates is a partnership between the BC Food & Beverage Industry and the BC Government.



# SIP SMART! BC™

Visit us at [www.bcpededs.ca](http://www.bcpededs.ca)

The Sip Smart! BC™ update is a partnership between the BC Pediatric Society and the B.C. Government.

## The Sip Smart! BC™ Program teaches children in Grades 4-6 about sugary drinks!

Why is Sip Smart! BC™ important to you and your children?

- **Sugary drinks are everywhere.** Pop, fruit “punch”, sport drinks and many other drinks have a lot of sugar. Too much sugar is not good for your child’s health.
- **The extra calories in sugary drinks can add up quickly.** This can lead to an unhealthy weight, putting your child at higher risk of high blood pressure, heart disease and type 2 diabetes.
- **Healthy foods and drinks build a body that is just right for your child.**
  - Healthy children learn better.
  - Healthy children perform better at school and socially.
  - Healthy children have more energy to be physically active.

Healthy drink choices will help build and maintain a healthy body today, and build a strong body that is fit for a lifetime. Help your child to **Sip Smart!**

## Tips for making the healthy choice, the easy choice!

- **Keep a jug of chilled water in the refrigerator** — especially in the summer!
- **To help your child drink less sugar,**
  - Buy smaller sizes of sugary drinks.
  - Pour smaller servings.
- **Serve drinks from the “Choose Most” list below more often.**

### Choose Most

Water  
Plain milk/  
unsweetened fortified soy beverage

### Choose Sometimes

100% juice (vegetable, fruit or combination)  
Reduced sugar flavoured milk/fortified soy beverage

### Choose Least or Not at All

Fruit drinks  
Pop or diet pop, sports drinks and energy drinks  
Regular flavoured milk/fortified soy beverage  
Other sugary drinks  
(For example, iced tea, slushy, bubble tea, vitamin-enhanced water, store-bought smoothie)

A single serving is 125 mL (1/2 cup) and 1 juice serving is enough in 1 day. It’s better to eat vegetables and fruit than to drink them.



**water is always a great choice!**