

Rethink Your Drink

HIGH SCHOOL LESSONS



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The *Rethink Your Drink* High School Lesson emerged from a need to provide skill-based nutrition instruction and resources for teachers of adolescents, a group at high risk for inadequate nutritional intake. The following *Rethink Your Drink* instructional lessons are tailored to the high school population and address basic nutrition concepts and skill development activities, as well as suggested teaching strategies.

The nutrition concepts within each lesson are based on the *Dietary Guidelines for Americans, 2010* and MyPlate. The lessons are further supported by adapted resources from the United States Department of Agriculture and other research-based instructional resources available for free loan at the California Healthy Kids Resource Center.

Additionally, many nutrition and education professionals generously shared their expertise to inform the content and messages of the *Rethink Your Drink* high school lesson set.

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Background

Over the last three decades, the prevalence of overweight and obesity among 12- to 19-year-olds in the United States has tripled. Thirty-eight percent of California adolescents are overweight or obese.¹ Reports have also shown that more than 2 million adolescents (62 percent) aged 12- to 17-years-old drink at least one soda or other sugar-sweetened beverage every day. Drinking sugar-sweetened beverages is a significant contributor to increased caloric intake and has been associated with the rise of overweight and obese adolescents over the years.²

***Rethink Your Drink* High School Lessons**

The *Rethink Your Drink* High School Lessons are designed for teachers who work with high schoolers to help adolescents learn essential nutrition concepts and develop the skills necessary to improve, sustain, and promote personal, family, and community health. Students then refine and enhance these skills through observation, practice, and application to real-life situations.

Based on the essential nutrition concepts and skills outlined in the California Health Education Content Standards and the California Nutrition Education Competencies, the *Rethink Your Drink* High School Lessons incorporate the latest nutrition and physical activity recommendations from the United States Department of Agriculture's and Department of Health and Human Services' *Dietary Guidelines for Americans, 2010* and the *2008 Physical Activity Guidelines*. These guidelines emphasize the importance of balancing caloric intake with physical activity. One significant recommendation includes limiting caloric intake from soda, energy, and sports drinks—a major source of added sugar and calories in the American diet.

Rethink Your Drink Key Messages:

- Drink water instead of sugar-sweetened beverages (e.g., sodas, sports drinks, energy drinks, and juice drinks).
- Choose from a variety of healthy drink options, such as water, 1% milk, fat-free milk, 100% fruit juice, or unsweetened tea over sugar-sweetened beverages.
- Use the Nutrition Facts label to choose foods with less total sugars.
- Use the Ingredient List to choose foods with little or no added sugars.

Each school setting is unique, and the lessons are designed to be used by any secondary teacher. Since the lessons focus on essential nutrition concepts and skills outlined in the California Health Education Content Standards and the California Nutrition Education Competencies, the best fit would be in a health and/or physical education classroom setting but could also be incorporated into home economics and life skills courses. Each lesson also contains extension ideas and links to other core subject and content areas for greater application (see Chart 1). The lessons are designed to be taught during smaller time periods over the course of a few days. These lessons may also be used in the after-school setting.

The *Rethink Your Drink* high school lesson set includes:

- Lesson One: What's in Your Drink?
 - *Lesson 1A: Learning the Facts*
 - *Lesson 1B: Sugar Sleuths*
- Lesson Two: Think Before You Drink!
 - *Lesson 2A: What Influences Your Health?*
 - *Lesson 2B: Choosing Drinks for Health*
- Lesson Three: Empower Yourself: Choose Healthy Drinks
 - *Lesson 3A: Guiding My Food and Drink Choices*
 - *Lesson 3B: Make a Plan and Go for It!*
 - *Lesson 3C: Celebrating Healthy Choices*
- Additional Resources

Sources:

1. Babey SH, Wolstein J, Diamant AL, Bloom A, Goldstein H. *A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th-, 7th-, and 9th-Graders, 2005-2010*. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2011. Retrieved from: <http://www.rwjf.org/en/research-publications/find-rwjf-research/2011/11/a-patchwork-of-progress.html>
2. Babey, S., Jones, M., Yu, H. & Goldstein H. (2009, Sept). *Bubbling Over: Soda Consumption and its Link to Obesity in California*. Retrieved from: <http://healthpolicy.ucla.edu/publications/search/pages/detail.aspx?PubID=10>

Chart 1: Links to Additional Content Areas

	Math	Science	English Language Arts	Physical Education
<i>Lesson 1A: Learning the Facts</i>		X		X
<i>Lesson 1B: Sugar Sleuths</i>	X			X
<i>Lesson 2A: What Influences Your Health?</i>			X	
<i>Lesson 2B: Choosing Drinks for Health</i>	X		X	
<i>Lesson 3A: Guiding My Food and Drink Choices</i>		X		X
<i>Lesson 3B: Make a Plan and Go For It!</i>	X			X
<i>Lesson 3C: Celebrating Healthy Choices</i>			X	



Additional instructional resources on healthy beverages:
 California Healthy Kids Resource Center website
<http://www.californiahealthykids.org> or call toll free at 888-318-8188.

- Acknowledgements
- Introduction
- Lesson One: What's in Your Drink?
 - *Lesson 1A — Learning the Facts*
 - *Learning the Facts Cards*
 - *Learning the Facts Bingo and Answer Key*
 - *Lesson 1B — Sugar Sleuths*
 - *How Much Sugar?*
 - *Nutrition Facts Scavenger Hunt*
 - *Drink Label Cards*
- Lesson Two: Think Before You Drink!
 - *Lesson 2A — What Influences Your Health?*
 - *What Are My Influences?*
 - *What Are My Influences? Homework*
 - *Lesson 2B — Choosing Drinks for Health*
 - *Assessing My Drink Options*
 - *Decision-Making Process*
 - *Choose a Healthy Drink Challenge*
- Lesson Three: Empower Yourself: Choose Healthy Drinks
 - *Lesson 3A — Guiding My Food and Drink Choices*
 - *Parent/Guardian Letter*
 - *Beverages: Make Every Sip Count*
 - *Portions Match-up and Answer Key*
 - *How Much Do YOU Eat?*
 - *Food/Drink and Physical Activity Record*
 - *MyPlate (blank plate/with food groups)*
 - *MyPyramid Amounts of Food – FOR YOU*

- *Lesson 3B — Make a Plan and Go For It!*
 - *Rethink Your Drink Pledge Card*
 - *Goal Setting: Make a Plan and Go For It!*
 - *Beverage Tracking Form*
- *Lesson 3C — Celebrating Healthy Choices*
 - *Recipe Compilation*
 - *Certificate of Appreciation*
- Additional Resources
 - Glossary
 - Tools for Instructors
 - Providing Skill-Based Nutrition Instruction
 - Assessing Student Learning
 - School Policy Resource List
 - Student Survey
 - Ten Tips - Make Better Beverage Choices
 - Ten Tips - Got Your Dairy Today?
 - Team California for Healthy Kids
 - Overweight and Obesity Information
 - *A Patchwork of Progress: Changes in Overweight and Obesity Among California 5th, 7th, and 9th Graders, 2005-2010*
 - Sugar-Sweetened Beverage Information
 - *Bubbling Over: Soda Consumption and Its Link to Obesity in California*
- Feedback Form