



## High School Lessons - Inventory List

1. Lesson 1 – What's in Your Drink? – Curriculum
2. Learning the Facts cards – Print as many copies as needed and cut each card out. Make sure there are an equal number of pairs. Each student will get one card.
3. Learning the Facts Bingo Questions and Answer page– Copy one Bingo card for each student pair. Print one Bingo answer key that the instructor keeps for reference. Make sure not to copy the answers on the back of the student bingo cards.
4. Drink Label Cards Calculations Key and Drink Label cards - Make a copy of the calculations key for instructors only. Make copies of the juice label cards (except juice drink). Each group of 2-3 students will need 2 different cards. Don't hand out the juice drink card because that example was already done with the students.
5. How Much Sugar? Worksheet – Copy one per student
6. How Much Sugar? calculation example worksheet – Copy one per student
7. 35 Sugar cubes per each group of 2-3 students
8. Two small plastic re-sealable bags per each group of 2-3 students
9. Nutrition Facts Label Scavenger Hunt worksheet – Only needed if instructor chooses to assign this as optional homework. Copy one per student.
10. Lesson 2 – Think Before You Drink! Curriculum
11. What Are My Influences? worksheet - Copy one per student
12. Assessing My Drink Options worksheet – Mandatory homework. Copy one per student
13. Decision-Making Process worksheet - Copy one per student
14. Choose a Healthy Drink Challenge worksheet - Copy one per student. Copy 2 per student if the optional field trip will be completed.
15. Healthy Beverage Highlights - Copy one per student