



Choose a Healthy Drink Challenge

Name: _____ Date: _____

To drink or not to drink ... that is the question

It can be difficult to make healthy choices—especially when there are so many options available and so many influences. Taking care of your body is important to your overall health, and fueling it with healthier food and drinks is the place to start. The Challenge: Choose A Healthy Drink.

Make a healthier choice

Step 1: State the situation

- I would like to choose a healthy drink option at school.
- Class Trip: select one location to visit—vending machine, student store, etc.

Step 2: List the options

- Complete the Beverage Options column in the chart below.

Step 3: Weigh the possible consequences and benefits

- Complete the remainder of the chart.

Location visited: _____

Name of Beverage	Reason(s) for considering this drink	Impact of choosing this drink on my health	
		Consequences	Benefits
1.			
2.			
3.			
4.			
5.			

