









Lesson 3: Water=GO! Sugar=WHOA!

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|  | Skill Objectives | <ul style="list-style-type: none"> • Demonstrate an understanding that the human body is composed mostly of water and explain the importance of drinking water daily. • Specify certain ingredients that make foods and drinks unhealthy such as added sugar and other sweeteners. • Explain the benefits of making healthy beverage choices, including water and milk, and limiting sweetened beverages such as soda and sports drinks. |
|  | Big Idea | <p>The big idea is learning about the importance of drinking water and why we need to be very careful about how much sugar is in many other drinks.</p> |
|  | Discussion | <ul style="list-style-type: none"> • What are some GO and WHOA beverages that you like to drink? • How can you drink more water and less sweetened beverages? |
|  | Engage | <p>Activity: Teaspoon Tally</p> <p>Students guess how many teaspoons of sugar are in various beverages. After learning the answer, students do the same amount of toe touches.</p> |
|  | Review & Reflect | <p>Why is it important to drink more GO beverages, like water and low-fat milk, than WHOA beverages?</p> |
|  | Grade-Level Differentiation | <p>Kindergarten</p> <p>Help K students understand that the human body is composed mostly of water and explain the importance of drinking water daily.</p> <p>1st Grade</p> <p>Help first graders to identify ingredients that make foods and drinks unhealthy such as added sugar and other sweeteners.</p> <p>2nd Grade</p> <p>Challenge 2nd graders to identify the benefits of making healthy beverage choices, including water and milk, and limiting sweetened beverages such as soda and sports drinks.</p> |



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