



THIRSTY? CHOOSE WATER!

VIDEO WORKSHEET

Name: _____

Link: <https://www.youtube.com/watch?v=2mJc8z5AJw&feature=youtu.be>

1. How many teaspoons of sugar are in the following drinks?

	Teaspoons of sugar
250 ml Fruit juice	
250 ml Plain milk	
Can soft drink	
Flavoured milk	
Sports drink	
Plain water	

2. How many teaspoons of sugar did the two boys drink over the day?

◆ Boy on left: _____

◆ Boy on right: _____

3. How many minutes does it take to walk off a can of soft drink? _____ minutes

4. Why is limiting sugary drinks a healthy choice to make?

5. How can you tell if your body has not had enough water?

6. What is the word for not drinking enough water? _____

7. Estimate the number of teaspoons of added sugar in drinks you would have in a typical day? _____

8. Create a SMART goal (see student goal card) that will help you reduce your sugary drink intake/maintain your low intake of sugary drinks?
