I pledge allegiance to my health, to not compare myself to anyone else. With fruits and vegetables I’ll fill my tray and get nice and sweaty every day. I have only this body and this one heart so today’s the day I’m going to start eating less chips and less sugary drinks and before I eat I’m going to think!
Let’s Rethink Your Drink! Sugar can be in foods and drinks in two ways:

- Naturally, like in fruit and dairy products, which is part of the overall healthy package of nutrients that these foods provide.
- Added sugar, which adds calories but little or no nutrients. Drinking too many sugary beverages can increase the chances of experiencing some health problems, including weight gain, obesity, tooth decay, diabetes, and heart disease.

Activity

Visit [https://bit.ly/2AlmB5z](https://bit.ly/2AlmB5z) and as a class or in groups, decide what this poster is trying to communicate and then discuss the following questions:

Which drink has the most teaspoons of sugar? _______________________

How many minutes of brisk walking will it take to burn off that drink? ______

Is it surprising to you how much sugar is in these drinks? _____________

What about the amount of brisk walking needed to burn it off? ___________

Reading Informational Text 3.1, RI.3.5, Measurement & Data A.2