

SURVEY

NAME	"What did you drink yesterday?"	"What did your children drink yesterday?"
1.		
2.		
3.		
4.		

SURVEY

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1.		
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JUICE LABEL

SUNNY ORANGE DRINK

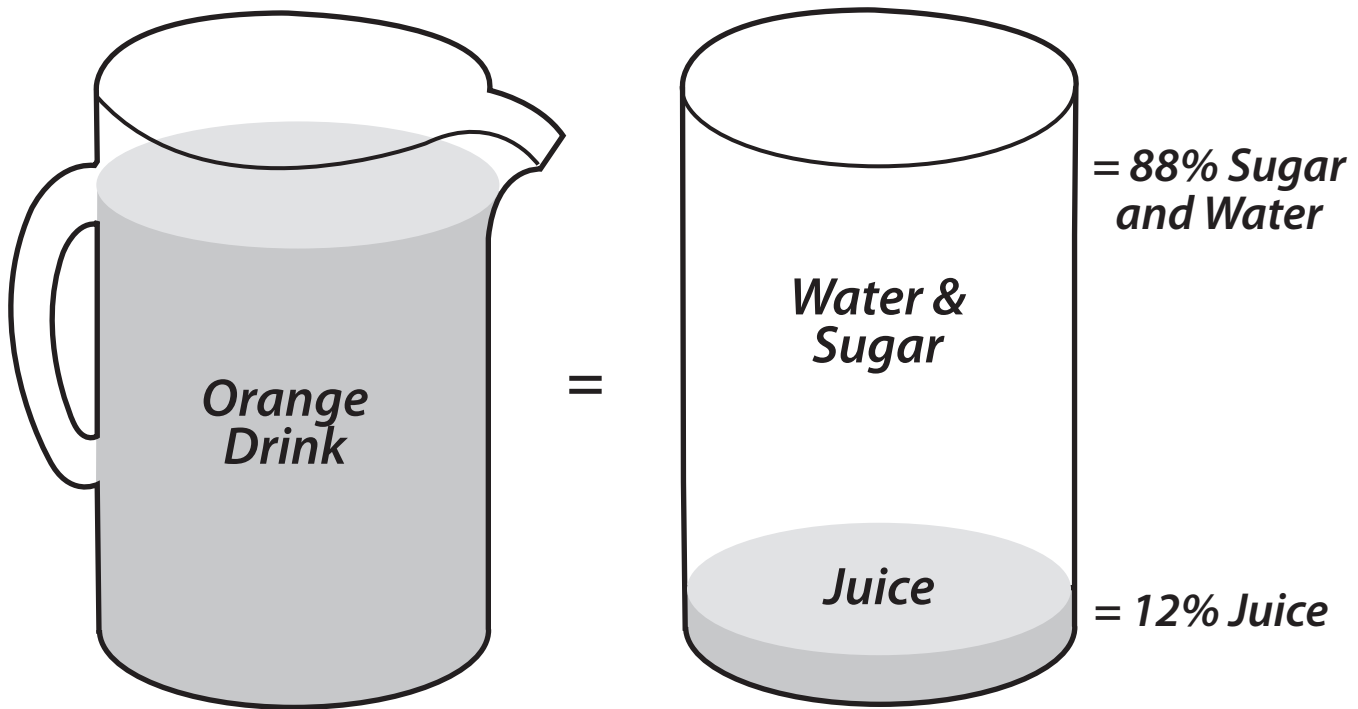
Real Fruit Beverage

Vitamins A-B1-C

5% JUICE
NUTRITION FACTS
Serving Size 1 bottle
Calories 170
Total Fat 0%
Sodium 310 mg
Vitamin A
Vitamin C

Ingredients: water, high fructose corn syrup; 2% or less of the following juices: orange, apple, lime, grapefruit.

Parts



Make a Label - Orange Drink

Ingredients:

- 4 drops red color
- 12 oz. corn syrup
- 4 oz. orange juice
- 16 oz. water

What comes first on the label?

<p>12% JUICE</p> <hr/>
<p>NUTRITION FACTS:</p> <hr/>
<p>Servings: 8 Calories: 120 Total Fat: 0 Sodium: 300 mg Vitamin C 12%</p>

➤ **Ingredients:**

cane sugar

Corn syrup

Fructose

Sucrose

Glucose

MORE LABELS

A. Grape Juice

B. Citrus Punch

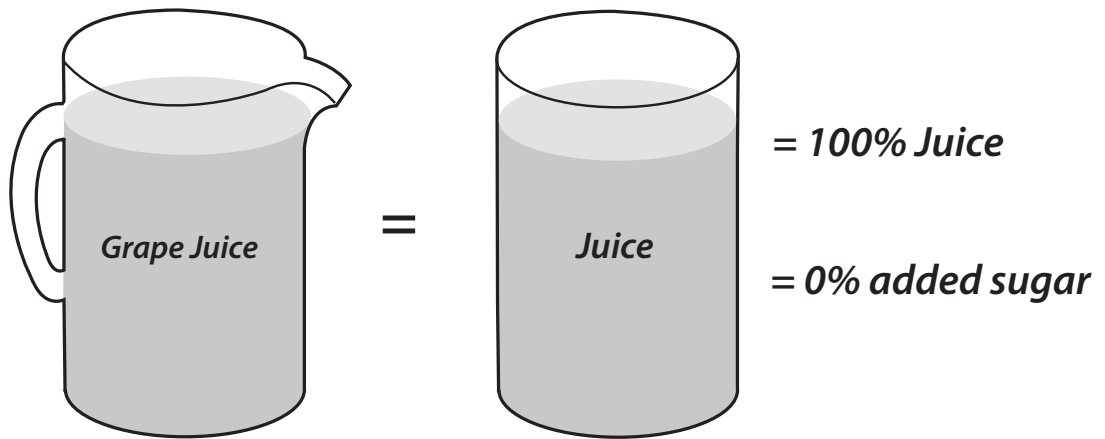
100% JUICE
NUTRITION FACTS
Servings: 6
Calories: 160
Total Fat: 0
Sodium: 0
Vitamin A 0%
Vitamin C 120%
Calcium 0%

2% JUICE
NUTRITION FACTS
Serving size: 8 oz.
Calories: 110
Total Fat: 0
Sodium: 10mg
Vitamin C: 100%

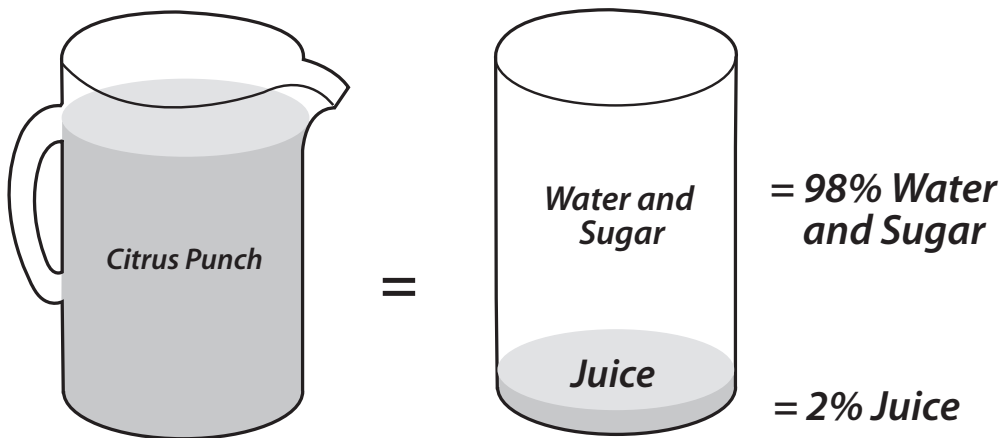
Ingredients: Grape juice, citric acid, vitamin C.

Ingredients: water, high fructose corn syrup, less than 2% of orange, grapefruit, lemon and tangerine juice, citric acid, food starch, corn oil, vitamin C.

Juice #2



Juice #3



Sample Label - Grape Juice

2000g
CONTAINS 100% JUICE

Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container about 8

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Fat 0g **0%**

Sodium 10mg **0%**

Potassium 300mg **9%**

Total Carbohydrate 29g **10%**

Sugars 24g

Protein 0g

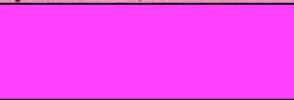
Vitamin C 120% • Iron 2%

Not a significant source of saturated fat, cholesterol, dietary fiber, vitamin A and calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS:

APPLE JUICE, GRAPE JUICE, PASSION FRUIT JUICE (WATER, JUICE CONCENTRATES), NATURAL FLAVORS, ASCORBIC ACID (VITAMIN C), CITRIC ACID.





THIS PRODUCT IS PASTEURIZED.



SHAKE WELL BEFORE OPENING. REFRIGERATE AFTER OPENING.

ME 5¢ DEP

PLEASE RECYCLE

 **Questions or Comments?**
Mon. to Fri., 8AM to 8PM ET.
Visit us any time at 



Sample Label



IS THIS DRINK A HEALTHIER CHOICE?

A. Directions:

Look at the label together.

Answer the questions about this label.

1. What is the name of the drink? _____
2. Is there more than 75% juice? _____
3. Is there sugar in this drink? YES NO
4. What are the sugar words on the label? _____

B. Directions:

Change labels with another group.

Look at the other label.

Answer the questions about this label.

1. What is the name of the drink? _____
2. Is there more than 75% juice? _____
3. Is there sugar in this drink? YES NO
4. What are the sugar words on the label? _____

C. Directions:

Think about the two drinks.

1. Which drink is the healthier choice? _____ Why?

Check your answer with the other group. Do you agree? _____

QUIZ

Part A: Compare the 2 drink labels. Answer the questions.

Orange Punch

2 % Juice
<p>Nutrition Facts</p> <p>Serving Size: 8 oz. Calories: 110 Total Fat: 0g Sodium: 10g Protein: less than 1g Vitamin C: 100%</p>

Ingredients: water, high fructose corn syrup, less than 2% of orange, grapefruit lemon and tangerine juice, vitamin C.

Apple Grape Juice

100% Juice
<p>Nutrition Facts:</p> <p>Serving Size: 8 oz. Calories: 120 Total Fat: 0g Sodium: 25g Potassium: 210mg Protein: 0g Vitamin C: 120% Calcium: 10%</p>

Ingredients: apple, pear and grape juice; less than 2% ascorbic acid, calcium citrate

1. Circle how much juice.
2. Underline the sugar.
3. Is juice first? Yes No
4. Is this drink healthy? Yes No

1. Circle how much juice.
2. Underline the sugar.
3. Is juice first? Yes No
4. Is this drink healthy? Yes No

Part B: Write *more* or *less*.

1. The punch has _____ sugar than the juice.
2. The juice has _____ water than the punch.
3. The punch has _____ Vitamin C than the juice.
4. The juice has _____ juice than the punch.
5. The punch has _____ water than the juice.

SCORE: _____

QUIZ

Part A: Compare the 2 drink labels. Answer the questions.

Orange Punch

2 % Juice
Nutrition Facts
Serving Size: 8 oz.
Calories: 110
Total Fat: 0g
Sodium: 10g
Protein: less than 1g
Vitamin C: 100%

Ingredients: water, high fructose corn syrup, less than 2% of orange, grapefruit lemon and tangerine juice, vitamin C.

1. Circle how much juice
2. Underline the sugar
3. Is juice first? Yes No ✓
4. Is this drink healthy? Yes No ✓

Apple Grape Juice

100% Juice
Nutrition Facts:
Serving Size: 8 oz.
Calories: 120
Total Fat: 0g
Sodium: 25g
Potassium: 210mg
Protein: 0g
Vitamin C: 120%
Calcium: 10%

Ingredients: apple, pear and grape juice; less than 2% ascorbic acid, calcium citrate

1. Circle how much juice
2. Underline the sugar
3. Is juice first? Yes ✓ No
4. Is this drink healthy? Yes ✓ No

Part B Write *more* or *less*.

1. The punch has more sugar than the juice.
2. The juice has less water than the punch.
3. The punch has less Vitamin C than the juice.
4. The juice has more juice than the punch.
5. The punch has more water than the juice.

Healthy Drinks

Worksheet #4
Journal

My Goal:

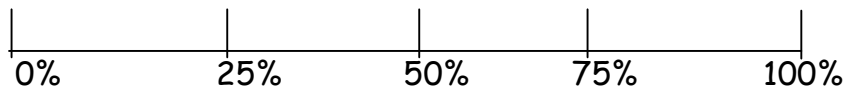
1. I want my family to drink less _____ and more _____.
2. I will try this new healthier drink: _____

Tape Drink #1 Here

Date: _____

Answer the questions.

1. Underline the sugar in Drink #1.
2. Circle how much juice is in Drink #1.
3. How much juice is in drink #1? Show your answer.



4. Is drink #1 a healthy choice? YES NO

Why? _____

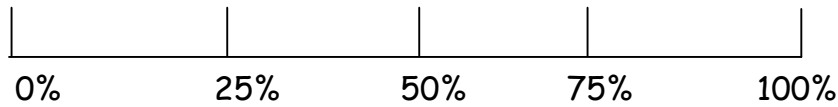
Tape Drink #2 Here Date: _____

- Look at the labels for drink #1 and drink #2.
- Answer the questions.
- Do the Report.
- Talk to a partner.

1. Drink #1 has _____ sugar than Drink #2.

2. Drink #2 has _____ juice than Drink #1

3. How much juice is in drink #2? Show your answer.



4. Is drink #2 a healthy choice? YES NO

Why? _____

My Report **Date:** _____

1. Did your family try a new healthy drink? YES NO
Name of the new drink: _____

2. Did they like the new drink? YES SOME NO

3. Will you buy the drink again? YES MAYBE NO
Why? _____

4. Now, my family drinks more _____ and less _____

COMPARE JUICE DRINKS

DRINK 1

20% JUICE
NUTRITION FACTS
Serving size: 8 oz.
Calories: 120
Total Fat: 0
Sodium: 10g
Protein: 0g

Ingredients: Water, cane sugar, orange juice, mango, passion fruit juice, red color

Is this a healthy choice?

YES

NO

DRINK 2

100% JUICE
NUTRITION FACTS
Serving size: 8 oz.
Calories: 115
Total Fat: 0g
Sodium: 320g
Protein: 3g
Vitamin A: 100%
Vitamin C: 50%
Vitamin B12: 100%

Ingredients: Tomato juice; vegetable juices: carrots, celery, beets, parsley, lettuce, spinach; salt, sugar; spices

Is this a healthy choice?

YES

NO

Compare drinks 1 and 2

- | | | |
|--------------------------------|---|---|
| 1. Which drink has less water? | 1 | 2 |
| 2. Which drink has more juice? | 1 | 2 |
| 3. Which drink has more sugar? | 1 | 2 |
| 4. Which drink has less juice? | 1 | 2 |

DRINK 1

20% JUICE
NUTRITION FACTS
Serving size: 8 oz.
Calories: 120
Total Fat: 0
Sodium: 10g
Protein: 0g

Ingredients: Water, cane sugar, orange juice, mango, passion fruit juice, red color

Is this a healthy choice?
YES NO ✓

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Serving size: 8 oz.
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Vitamin A: 100%
Vitamin C: 50%
Vitamin B12: 100%

Ingredients: Tomato juice; vegetable juices: carrots, celery, beets, parsley, lettuce, spinach; salt, sugar; spices

Is this a healthy choice?
YES ✓ NO

Compare drinks 1 and 2

- | | | |
|--------------------------------|-----|-----|
| 1. Which drink has less water? | 1 | 2 ✓ |
| 2. Which drink has more juice? | 1 | 2 ✓ |
| 3. Which drink has more sugar? | 1 ✓ | 2 |
| 4. Which drink has less juice? | 1 ✓ | 2 |

Tips For Healthier Drinks

Directions: Here is a list of healthier drink ideas. Check (✓) what you and your family do to choose healthier drinks.

- _____ I have a fruit tree with fresh fruit.
 - _____ I have a vegetable garden.
 - _____ I mix milk and fruit juice (licuado).
 - _____ I use a blender or juicer to make healthy drinks.
 - _____ I carry a bottle of water.
 - _____ I add water to 100% juice to make more.
 - _____ I drink only 1 soda a day.
 - _____ I buy fruit juice with more than 75% juice.
 - _____ I make _____ for my family.
 - _____ Your ideas:

-

_____ I already make healthy drinks for my family.
DATE

_____ I tried a new healthy drink. My family liked it: 1 2 3 4 5
DATE No Yes

HEALTHIER DRINKS QUESTIONNAIRE

- | | | | |
|---|-----|-------|----|
| 1. Did your family try a new healthier drink? | YES | NO | |
| 2. Did you make the drink at home? | YES | NO | |
| 3. Did you buy the healthy drink? | YES | NO | |
| 4. My family liked the new drink. | YES | OK | NO |
| 5. My family will continue to drink it. | YES | MAYBE | NO |

Worksheet #7

HEALTHIER DRINKS QUESTIONNAIRE

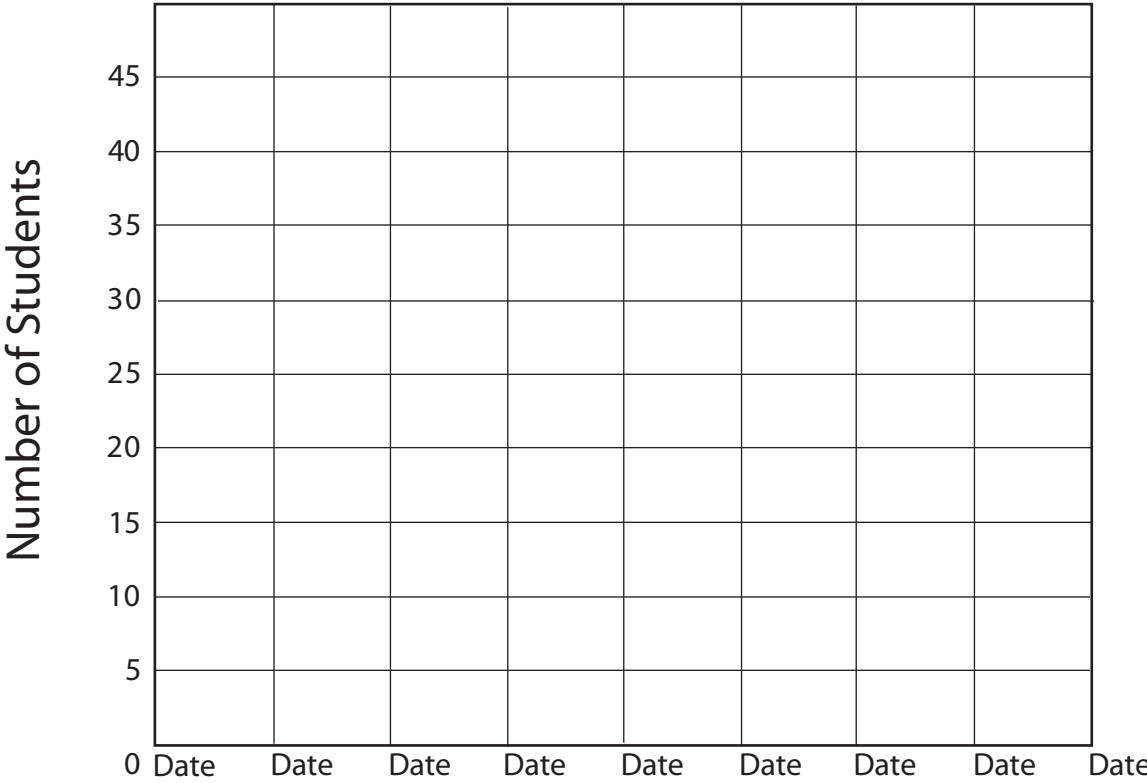
- | | | | |
|---|-----|-------|----|
| 1. Did your family try a new healthier drink? | YES | NO | |
| 2. Did you make the drink at home? | YES | NO | |
| 3. Did you buy the healthier drink? | YES | NO | |
| 4. My family liked the new drink. | YES | OK | NO |
| 5. My family will continue to drink it. | YES | MAYBE | NO |

Worksheet #7

HEALTHIER DRINKS QUESTIONNAIRE

- | | | | |
|---|-----|-------|----|
| 1. Did your family try a new healthier drink? | YES | NO | |
| 2. Did you make the drink at home? | YES | NO | |
| 3. Did you buy the healthier drink? | YES | NO | |
| 4. My family liked the new drink. | YES | OK | NO |
| 5. My family will continue to drink it. | YES | MAYBE | NO |

Transparency #5
Sample graph



I tried healthier drinks.