

Be Smart Drink Smart Display Guide

Help Students Choose Healthy Beverages



Materials Needed:

- 4-6 ft Table
- Tablecloth
- 6 Colored Napkins
- Demonstration

Beverages:

- White Milk
 - Chocolate Milk
 - Fruit Drink
 - Cola
 - Sports Drink
 - Bottled Water
- Sugar Cubes



Sugar Cube Guide:

1 cube = 2.5 grams added sugar

Water = 0 cubes

8 oz White Milk = 0 cubes

8 oz Chocolate Milk = 3 cubes

12 oz Sport Drink = 9 cubes

6.75 oz Fruit Drink = 10 cubes

12 oz Cola = 13 cubes

Set Up:

Place the tablecloth on the table and arrange the napkins on the table. Place the different demonstration beverages on each of the napkins with the appropriate number of sugar cubes designated for each corresponding drink.



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