



Drink Up

Ages: 6 – 16

Time: 10-15 minutes

Message Connection: 4 Servings of Water, 3 Servings of Low-Fat Dairy

Space Needs: Any space indoors or outdoors

Materials: Empty bottles/cartons of water, 100% juice, low-fat milk, and soda

Objective: Participants will learn the recommended daily servings for water and low-fat dairy by working as a team to place drinks in the order of most to least essential for the body.

Set-up: Wash and dry empty cartons/bottles before game play.

Steps: There are two options for this game: Option 1 is easier; Option 2 requires independent thinking and the ability to read a nutrition label.

Option 1

1. Have participants sit on the floor facing four leaders.
2. Standing in a straight line, each leader will hold one carton/bottle. The leaders should be standing in no particular order (other than to make sure they are not already in least-essential-to-most-essential order).
3. Ask participants to re-arrange the drinks in order from the most essential to the least essential to the body. Make sure to designate either the left or right side of the group to represent the position for the most essential drink.
4. Remind participants they must remain seated and raise their hand if they have a suggestion for a leader to move into the correct position. Participants are not allowed to physically move the leaders but must direct the leaders verbally to change their position.
5. Work with the participants to make it fun and interactive. For example, ask, “Are you sure this is the correct order? Really?”
6. Continue moving in and out of order to challenge the participants. For example, if participants say soda is the least essential, say, “Are you sure? I thought soda was first because it tastes so good.”
7. Watch the dynamics of the group. If they begin to get frustrated because the leaders are confusing them too much or getting out of order too many times, wrap up the game and move into the proper order after a final suggestion from the participants.
8. When the group has agreed on an order, state whether or not it is correct and explain why. (The correct order from most to least essential should be water – low-fat milk – 100% juice – soda.)

9. Ask: "Why is water first in line?" *Answer: Water is essential for survival. We need water every day because it helps keep our cells functioning and helps with healthy skin, lubricated joints and brain function.*
10. Continue: "Next in the line-up is low-fat milk. Why is milk second?" *Answer: Milk provides calcium and Vitamin D, along with other important nutrients. Dairy helps build strong bones and teeth.*
11. Say: "100% juice is next. Why?" *Answer: It's important to drink 100% juice instead of juice drinks because 100% juice has more nutritional value. If you drink juice, try to have only one glass per day. If it is 100% juice, it counts toward your servings of fruits and vegetables. Juice is third because it has a lot of sugar and calories.*
12. Ask: "How many servings of soda do we need?" *Answer: None. We should limit our consumption of sugar-sweetened beverages like soda. Soda is not essential for our bodies.*

Option 2

1. Divide participants into four small groups.
2. Give each group one bottle or carton.
3. Explain: "Each group has been given a bottle or carton. You will have one minute to line up in order of most essential for the body to least essential."
4. Indicate where the group that thinks they have the most essential drink should stand and where the group with the next drink should line up.
5. Leaders should suggest that participants use the nutrition label on the item for clues to help guess the order.
6. Give participants one minute to get in formation, counting down out loud.
7. At the end of one minute, check to see if the groups are in the correct order.
8. Continue with step 8-12 from Option 1 above.

Debrief:

- What drinks should we consume most often? *Answer: Water and low-fat milk.*
- Why low-fat milk? *Answer: Only children under two need the extra fat that is found in whole or 2% milk.*
- Which drinks should we limit? *Answer: Soda, too much juice instead of actual fruit, "fruit" drinks that contain little or no juice.*

Developed by: The Go Team.

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