

SNAP-Ed Standard:

- ✓ Reduce SSB's

Goals:

- ✓ Participant will express desire to reduce the amount of added sugar they consume.
- ✓ Participant will understand that added sugars can lead to health problems.
- ✓ Participant will express desire to drink water and focus on healthy sugars such as fruits, vegetables and unsweetened dairy/grain products.

Objectives:

- ✓ Participant will be able to state that added sugars can lead to tooth decay, obesity, heart disease, diabetes and metabolic syndrome.
- ✓ Participant will state plan to drink more water, consume more fruits and vegetables and avoid highly sweetened dairy and grain products.

What Would Your Doctor Recommend?

Introduction: It is a simple fact: Water is best for hydration. Most doctors and dietitians would recommend water as the best hydrator over all other drinks. Of course there may be a place at times for a sports drink (over 2 hours straight of intense physical activity—think marathon runner, professional athlete). But for the rest of us, there is no need to include sugary drinks marketed as 'healthy' into our diets. These types of drinks can lead to tooth decay and obesity.

Activity:

- ✓ Student will ask the parent, out of the various beverages on the table (water, 100% fruit juice or juice drink, vitamin water, energy drink, sports drink), which one do they believe that their doctor would recommend serving to their children.
- ✓ The student will then inform the parent that doctors recommend that preschool children drink no more than 4 to 6 ounces of juice per day and that children should drink more water than juice or juice drinks.
- ✓ The student will inform the parent that in order to reduce the risk of their children getting cavities they should limit the amount of juice (and other sweetened beverages) to 4 to 6 ounces per day while increasing the amount of water that their child consumes.
- ✓ The student will hand parent the incentive bottle) and provide them with a copy of the parent handout.

Materials:

- ✓ Display Board
- ✓ Table Cloth
- ✓ Table
- ✓ Lesson Plan
- ✓ Drinks: water, 100% fruit juice, juice drink, vitamin water, energy drink, sports drink, 1 bottle of each (16 oz.).
- ✓ Handout
- ✓ Incentives

What Would Your Doctor Recommend?

Talking Points:

- ✓ Limit your child's consumption of juice and sweetened beverages to 4 – 6 ounces per day.
- ✓ Children should drink more water than juice or other sweetened beverages.
- ✓ Children who drink too much juice or sweetened beverages may have more cavities and may become overweight.
- ✓ Fruit and Water are best

Good Hydration Enhances Mental Clarity: A drop of just 2% in body water causes short term memory problems and significant difficulties with concentration.

Good hydration helps you become mentally alert throughout the day.

Good Hydration Improves Digestion: A digestive system without sufficient fluid is constipated. Fluid is essential for nutrients to pass through the delicate membranes of the intestines. If the body is adequately hydrated sufficient fluid is present in the digestive track to distribute nutrients throughout the body.

Good Hydration Softens Skin Texture.: Adequate hydration makes it possible for water to move through all the membranes of your body so that the largest organ in the body, the skin, is adequately hydrated. Skin texture softens. The natural aging process is slowed. Wrinkles vanish. Bagging skin tightens.

Good Hydration Slows the Aging Process : The reason for poor hydration as we age is the gradual decline of the thirst mechanism in the brain. When we are young and get thirsty there is no stopping us when we are thirsty. A different story emerges as we age. The thirst signal becomes distorted because we ignore it and because we drink dehydrating drinks such as coffee or alcohol.

Good Hydration Relieves Back and Joint Pain A little known fact is that adequate hydration has been shown to relieve back and joint pain for as many as 80% of sufferers.

Good Hydration Helps Control Body Weight: For many people the thirst mechanism in the body is so weak that it is mistaken for hunger in one third of Americans. Instead of drinking water we eat.

Adequate hydration resets the thirst mechanism in the brain so that hunger is not confused with thirst. The obvious benefit is a subsequent loss of excess weight that is caused by eating too much food.
<http://ezinearticles.com/?Benefits-Of-Adequate-Hydration-Are-Mind-Boggling&id=899372>

