

**FAQUIER COUNTY PUBLIC SCHOOLS
EVERY KID HEALTHY WEEK
TASTY TUESDAY
RETHINK YOUR DRINK CAMPAIGN**



A *Rethink Your Drink* campaign is a great way to teach kids about the amount of sugar that can be found in commonly consumed beverages, as well as their impact on health.

Encouraging kids to rethink their drink challenges them to make healthy beverage choices and consume more water.

- Host a Hidden Sugars Demonstration to provide a visual representation of the amount of sugar in Coca Cola 20 oz (65g), Pepsi (69g), Mountain Dew (73g), Sprite (64g).
- Display Bottle water with seasonal fruits in it.
- Use a stoplight image to teach kids about drinks they should drink rarely (red), occasionally (yellow), and plenty (green).
- Highlight the negative effects of sugar.
 - Causes Weight gain.
 - May increase the risk of Heart Disease.
 - Has been linked to Acne.
 - Increases your risk of cancer and Diabetes.
 - Drains your energy.
- Explain the importance of water to children. Adjust your explanation based on the age of the child. Here is some basic information:
 - Water is an essential nutrient for life—we cannot live without it!
 - Water represents about two-thirds of our body weight.
 - Water is part of every living cell, and it is a medium for all metabolic changes (digestion, absorption and excretion), as it helps transport nutrients.

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