

Content Area Lesson 2: Dairy Does a Body Good
Activity 2: Think Your Drink

Iowa Core Curriculum:

Science Standards:

- Content Standard 1: Students can understand and apply skills used in scientific inquiry.

Math Standards:

- Students can interpret data presented in a variety of ways.

Supplies Needed:

Think Your Drink Handout

Think Your Drink Worksheet

Activity Length: 20 minutes

Activity Direction:

- Today's activity will get you thinking about the nutritional value of beverages you drink. Let think about what you know about the nutrition of pop before we get started.
- Who can tell me what they know about the nutrition in pop?
- What about the nutrition of milk?
- What about orange juice?
- How about chocolate milk?
- As a class we have a lot of different opinions about beverages so we are going to look at a Think your Drink Handout and answer a few questions about each of the drinks on the handout. I want you to look at the nutritional value of each drink and identify the good and bad things about each drink.
- Please complete the worksheet.
- After the class has completed the worksheet have a discussion.

Discussion:

- Let's take a look at the results and the answers that you have gotten.
 - Which drinks have protein in them?
 - Which drink has the most Calcium?
 - Which drink has that most Carbohydrates?
 - Which drink has the most sugar?
 - Which drinks have more than one serving per container?
 - Which drink has the most calories per serving?

- g. Why is it important to look at the ingredients in drinks before you choose a drink for yourself?
 - h. Do you get the same nutritional value from white and chocolate milk?
- B. Great job! Can you all see the nutritional benefits of milk over some of the other beverages? Milk packs a pretty good punch and provides you with a number of nutrients.