

School Health Promotion Morning Announcements

OCTOBER: Zero Sugary Drinks



Two-Student Dialogue:

[Start speaking here.]

Student 1: Ugh – what are you doing??

Student 2: I'm pouring 8 teaspoons of sugar into this glass of water. I'm thirsty!

Student 1: That's disgusting! Why are you doing that?

Student 2: It's just like the drink that's in your hand!

Student 1: This is a sport drink! It's healthy.

Student 2: Actually, it's not – especially for kids. I found out that one sport drink has 8 teaspoons of sugar in it – that's 8 sugar packets. It's basically liquid candy – and that can make you gain weight, cause cavities and get sick later in life.

Student 1: Oh... I guess that's NOT healthy. What should I drink instead?

Student 2: Low-fat milk and water – and occasionally 100% fruit juice. Think before you drink!

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