



## NUTRITION AND HYDRATION

# Lesson 8: Be Sugar Smart

When we fill up on sugary drinks, we don't have as much room left for nutritious foods and beverages that give us the vitamins and other nutrients our bodies need to compete at our best. This lesson will teach athletes just how much sugar is in various drinks and help them 'be sugar smart!'

### LEARNING OUTCOMES

- Athletes learn the benefits of reducing sugar intake and become more aware of sugar-sweetened beverages, like juices and sodas.
- Coaches and caregivers support athletes to increase their water intake.

### EQUIPMENT NEEDED

- Optional: samples of beverage container labels, sugar cubes, a clear cup with 72g (13 tsp) of sugar, a teaspoon

### LESSON OUTLINE

20 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
11 minutes	Sugar Traffic Lights
3 minutes	Athlete Question of the Day
3 minutes	Closing



### WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes to walk and talk with a teammate about drinking water until everyone arrives. *How many glasses of water have you had today? How do you stay hydrated throughout the day?*

To begin the lesson, call everyone in with your designated signal.

Once athletes are gathered, introduce the Fitness through Sport lesson of the day. *Today's lesson is called Be Sugar Smart! It's important to know how much sugar is in the drinks we consume. The Fit 5 guide recommends 5 bottles of water every day — how many of you drink that much water in a day?* Refer to the traffic light image below listing red, yellow and green beverages as you explain this next section. *Water is the best beverage choice to stay hydrated and help you perform at your best.*

There are other beverages, such as sodas, energy drinks and sports drinks, that taste good but contain a lot of sugar and caffeine. These are drinks we may want to have less often as they don't have a lot of other nutrition, can cause cavities, and may cause us to gain weight. Despite being low or no-calorie, diet sodas also don't offer any nutritional value. They should be avoided unless they help reduce a person's calorie intake by switching from regular to diet soda.

Then there are beverages, like 100% fruit juice and milk, that have other nutrients like protein and vitamins that keep us healthy and strong. Both fruit juices and milk also have a lot of sugar, but because they have added nutrients, they are fine to include every day but in smaller amounts.



## SUGAR TRAFFIC LIGHTS (11 minutes)

**Purpose:** Increase athlete awareness around how much sugar is in beverages and reinforce that water is the best choice.

### Directions:

The team will play a game of red light, yellow light, green light. The athletes will start in a straight line.

- Using the beverage chart provided on the next page, call out different types of beverages in a random order, picking beverages from different sections. Athletes will need to decide if it's a red, yellow or green light.
  - Red light – not a good beverage choice **DON'T MOVE**
  - Yellow light – okay in moderate amounts **MOVE SLOWLY**
  - Green light – the best choice for a beverage **MOVE QUICKLY**
- Pause after each one and explain the correct answer. You can also share ideas on how to reduce sugar in some of these drinks. For example, *have your coffee without additional syrups and sugar, look for sugar-free energy drinks, or dilute sugary drinks where possible.*
- Once all athletes get to the designated finish line have them sprint back to the start and repeat.

### Options:

- Have athletes move in different ways, such as hopping, skipping, or side shuffling.
- If you brought sugar cubes or sugar and teaspoons, visually show the amount of sugar in each beverage by measuring out the amount of sugar in the beverage you called out based on the chart on the next page.

## Healthy Beverage Choices

RED	YELLOW	GREEN
Sweet Tea	Milk	Tap Water
Sports Drink	100% Orange Juice	Bottled Water
Energy Drink	Chocolate or Soy Milk	Water Infused with Mint
Cola		Water Infused with Lemon
Iced Mocha		Sparkling Water
Sweetened Bubble Tea		Coffee (plain or with milk)
Slushie		Tea (plain or with milk)
Juice		

There are many beverage options available, but some of them are healthier choices than others. **This guide can help you make the best choices to stay hydrated and perform your best.**



**Sodas, energy drinks, and sports drinks are NOT good beverage choices.**

Sodas, energy drinks, and sports drinks have extra sugar and can make you gain weight. Energy drinks and many sodas also have caffeine. Caffeine does not help you stay hydrated.



**Moderate amounts of low-fat milk and 100% juice are also good choices in small amounts.**

Low-fat milk and 100% fruit juice are good choices with meals. Keep serving sizes small. No more than 3 cups of milk and 1 cup of juice per day.



**Water is the best choice for a beverage!**

Drink water every day! If you like flavored drinks, try sparkling water or add a few pieces of fruit into your water bottle.



## Sugar Cube Equivalents in Drinks

DRINK	SUGAR*
Water (250 ml)	0
Plain Milk (250 ml)	3**
Chocolate Soy Beverage (250 ml)	5
100% Orange Juice (200 ml)	5**
Chocolate Milk (250 ml)	6

DRINK	SUGAR*
Iced Tea (355 ml)	10
Fruit flavoured drink (355 ml)	10
Sports Drink (700 ml)	10
Energy Drink (500 ml)	14
Cola (591 ml)	17

DRINK	SUGAR*
Iced Mocha (500 ml)	20
Sweetened Bubble Tea (500 ml)	21
Lime Blast Slushie (1000 ml)	24

\* # of cubes or teaspoons of sugar

\*\* naturally occurring fructose



## ATHLETE QUESTION OF THE DAY (3 minutes)

### What is one drink that you could try replacing with water?

- Remind athletes that drinks with lots of sugar taste good which makes it harder to give them up. *Start by replacing one drink a day with water. You could even water down your sugary drinks (make a drink that is half sports drink and half water). It may take a bit of time to retrain your taste buds to get used to water so adding lemon or other natural flavors to water can make it more satisfying to drink.*
- Remind athletes to add any new goals to their Weekly Habit Tracker.



## CLOSING (3 minutes)

Thank the athletes for their participation and effort. **Share a favorite way you like to add variety to your water.** *I like to infuse my water by adding lemon juice or cucumbers to it. Sometimes I also have sparkling water instead of other carbonated beverages like soda.*

### Reminders:

- [Homeplay: Bump Out Sugary Drinks Challenge](#) — *In this week's Homeplay, you will be invited to participate in the 'Bump Out Sugary Drinks Challenge' to reduce the number of sugary drinks we have each day.*
- Share feedback and praise for effort and healthy habits you observed.

### Coach Reflection:

- What worked?
- What did not work? What can be done differently?

## SUPPORTING RESOURCES

- [Homeplay: Bump Out Sugary Drinks Challenge](#)
- [Fit 5 Guide](#)
- [Better Beverages: Infused Water Recipes](#)