



SUGARY DRINKS ARE BAD FOR US!

CC.K-12.MP.6: Attend to precision.

K.L.5a: Sort common objects into categories (e.g., shapes, foods) to gain a sense of the concepts the categories represent.

Help the students learn how to make healthier choices when choosing a drink at home or out to eat with this activity!

Materials Needed:

- Healthy vs. Sugary Drinks Worksheet
- Refrigerator Template
- Scissors
- Glue sticks
- Markers

Steps to Success:

1. Instruct the students to cut out pictures of healthy choices from their worksheet.
2. Have them cut out the drinks with a lot of sugar in them as well.
3. Once the students have cut out the pictures from the worksheet, instruct them to paste **ONLY** the healthy drinks into the picture of the fridge!

Preparation:

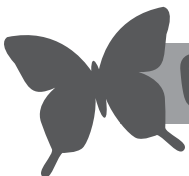
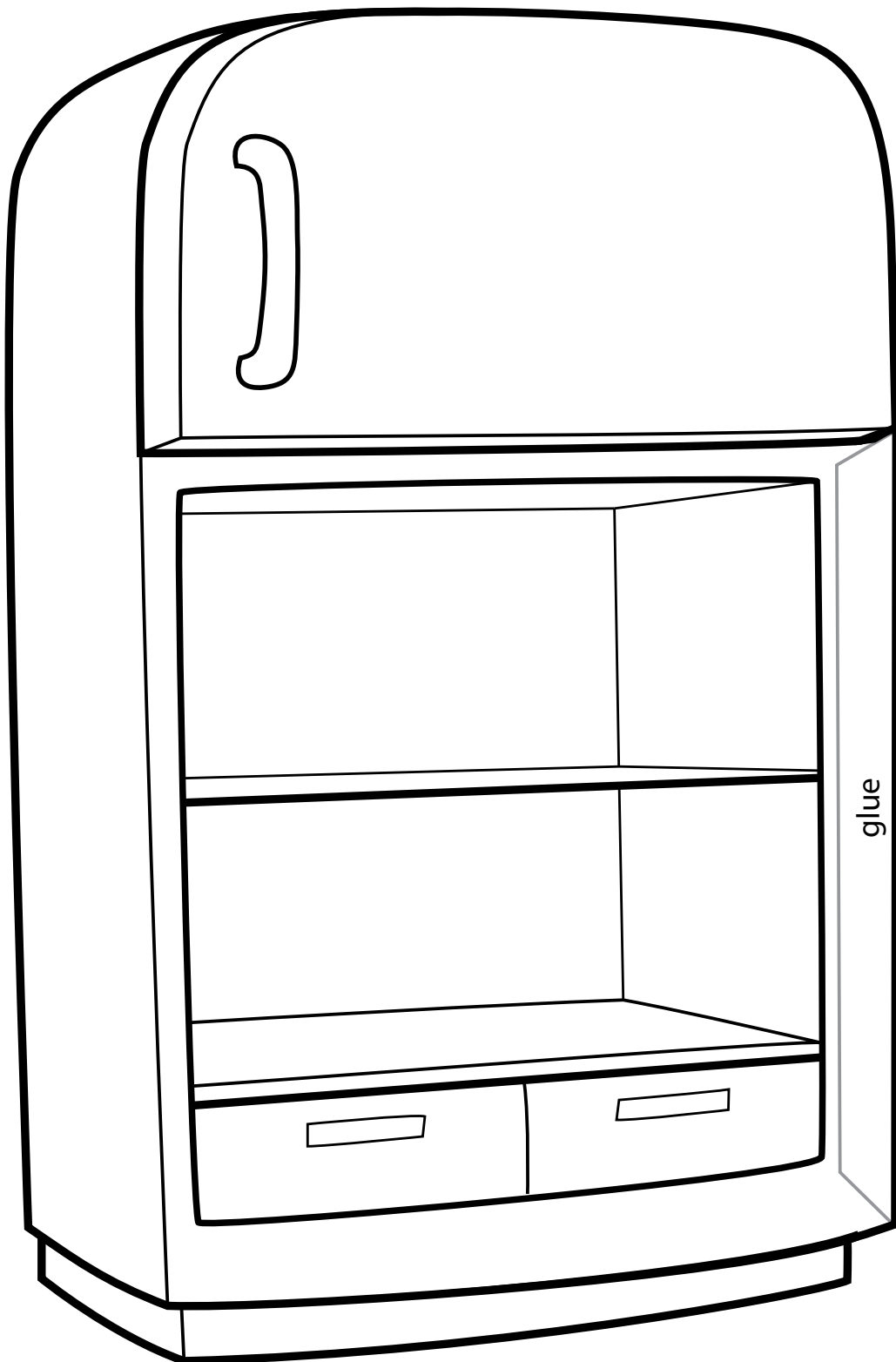
- Gather needed materials in an appropriate area.
- Make sure there are enough worksheets for each student.



Active Learning

Name: _____ Date: _____

"What Does Sugar Do to Your Body?"



Active Learning

Name: _____ Date: _____

"What Does Sugar Do to Your Body?"

