

MAY

Billy Buffalo's Tip

TOO MUCH SUGAR IS BAD FOR YOUR HEALTH.

Just like how candy and ice cream make things sticky, sugary drinks can make your insides sticky and slow you down. Many drinks have sugar in them, like soda and sports drinks. Healthy kids should aim for less than six teaspoons of sugar per day.



0 SUGARY DRINKS



School Spotlight

INFUSED WATER!

Kenmore's Hoover Elementary students made strawberry-infused water! Yum! Adding fresh fruits to your water can make it taste even better and helps to keep your body healthy.



Track Yourself

Make a bar graph by shading in the boxes for how many cups of water you had. Fruit-infused water counts! Try to reach 8 cups a day!

GLASSES	10							
	9							
	8							
	7							
	6							
	5							
	4							
	3							
	2							
	1							
		S	M	T	W	T	F	S
		DAY						

Which day was is the hardest to drink water? Why?



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For more information and activities visit: www.FitnessForKidsChallenge.com

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Challenge:

CHOOSE SIMPLE

HOW TO PLAY:

Match the drink letter with the amount of sugar in it



1 Teaspoon =



20 teaspoons _____

0 teaspoons _____

10 teaspoons _____

17 teaspoons _____

A = water bottle

B = 16 oz. bottle of Coca-Cola

C = grande Starbucks caramel frappuccino

D = 12 oz. Minute Maid apple juice

Answers: A:0 B:17 C:20 D:10

Activity

SUGAR RUSH

Have students bring in a bottle/label of their favorite drink. Convert the grams of sugar into teaspoons (1 tsp=4 grams). Add up all the sugar in everyone's drink and fill one big container with that amount of sugar.



Try This...

TRY NOT TO DRINK ANY SODA THIS WEEK.

Add fresh fruit like strawberries, or lemons to your water instead.

Name _____

Grade _____

Teacher _____



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