

STOP THE POP

PHYSICAL ACTIVITY FOR THE CLASSROOM

Soda Stoppers

Activity Time

15-20 minutes

Equipment Needed

5 beanbags

Skills Used

Locomotor skills, exercise knowledge,
and cardiovascular endurance

Preparation

Set up a 20 x 20 yard area

Spatial Need

Inside or outside

Recommended Group Size

Entire class



Overview

Students will learn the health risks of soda while playing a tag game involving exercises.

Directions

1. Have the students scatter within a 20 x 20 yard area identified by cones.
2. Briefly identify the 5 health risks of drinking soda (obesity, cavities, dehydration, mood swings, and weak bones).
3. Designate 3 players to be “it”, and have each of them hold a beanbag.
4. When everyone is ready, the “it” students try to tag everyone else. Each time a student is tagged, he/she must call out a different soda health risk.
5. When tagged, the player must jog in place and keep calling out that health risk until another player saves them. In order to be saved by another player, someone must come to do an exercise with him/her. They must do the exercise 5 times or for 5 seconds depending on the exercise. Before the game begins, the teacher chooses and announces the activity to do to be saved (e.g. jumping jacks or push ups).
6. If a student is tagged a second time, he/she now must recite 2 health risks. The student must go through the same process as before to be “saved.” Challenge the students to avoid getting all 5 health risks of soda!
7. After 1-2 minutes, change the “it” students.
8. Tagged students may not tag others while they engaged in an exercise with a partner.
9. After the game discuss the 5 health risks of soda and why they are harmful to our bodies.

Variation: Have 5 “it” students, and make each student a different health risk of soda. Have students try to avoid being tagged by all 5 health risks.





STOP THE POP

NUTRITION ACTIVITIES FOR THE CLASSROOM



Teaspoons of Sugar

Materials: bag of sugar, clear plastic cups or zip-top plastic bags, one 8-oz can of regular cola soda, one 12-oz can of regular cola soda, one 20-oz bottle of regular cola soda, one 2-liter bottle of regular cola soda, teaspoon measuring utensil, and a whiteboard for displaying information

Background Information:

8-oz regular cola soda = about 7 teaspoons of sugar = about 100 calories

12-oz regular cola soda = about 12 teaspoons of sugar = about 150 calories

20-oz regular cola soda = about 17 teaspoons of sugar = about 250 calories

2-liter regular cola soda = about 55 teaspoons of sugar (about 1 1/8 cups of sugar) = about 800 calories

**Variation- use 5 sweetened beverages such as Sunny Delight, energy drink, Capri Sun, soda and water*

1. Introduction: Begin by discussing with the class the fact that we make decisions everyday - some big, some small. Ask students to provide examples of major and minor decisions. All decisions have consequences, and some of the consequences do not seem to appear for a long time. Many people don't realize or think about the long-term effects of the decisions they make.
2. Explain that the class is going to learn about one of these decisions- the choice of which beverage to drink for meals, snacks, or anytime they are thirsty.
3. Draw a table on the whiteboard. Include one row for each drink container you have to display. See example table below.

Drink	Guess teaspoons of sugar	Actual teaspoons of sugar
<i>Example: 8-oz can of Pepsi</i>	3	7

4. Show the different sizes of drink containers, and ask students to guess how many teaspoons of sugar are in each drink. Write the guesses on the board.
5. For a good visual, set out clear empty plastic cups or bags next to each soda container. Ask volunteers to measure out the number of teaspoons of sugar for each soda size. Ask the class to count aloud the teaspoons as the volunteer scoops the sugar. The class will see the difference between their guesses and the actual amount of sugar in each size of soda.
6. Discussion: Discuss with the students why soda is not good for their bodies. The sugar, caffeine, and acid in soda can lead to cavities, weak bones, too much weight gain/overweight, dehydration, and mood swings/irritability. Soda does not contain any nutrients. Discuss types of beverages that would be better choices (e.g. water, low-fat milk, 100% fruit or vegetable juice). If a student, asks about diet soda, say "Although diet soda does not have sugar in it, it still has acid and can cause cavities. Neither diet nor regular soda have any nutrients in them." Diet soda is not "healthier" than regular soda. Encourage students to choose 100% juice, milk, and water.