

Health and Wellness Newsletter for Early Childhood Educators

Healthy Children, Healthy Adults

Volume 13, Issue 3 • April–June 2013

Think Before You Drink

Looking for something to quench your thirst? Water is the best choice. It is recommended that you drink 8 to 10 cups of water daily. Water has no calories. You can have a healthier life if you drink more water instead of sugar-sweetened drinks. Water is a critical nutrient for our bodies and is needed for almost every function of the body. Did you know?



Photo: Will Suckow

- 80% of our blood is made of water
- 50-75% of our bodies are made of water

In contrast, sugary drinks add calories and lead to weight gain. Regular (non-diet) sodas and other sugar-sweetened beverages contribute to the growing obesity epidemic. A 12 oz can of soda contains about 140-150 calories (all from sugar). The average person will gain 15 pounds in one year, if they drink just one can of regular soda a day. There is no reason to fill up on “empty” calories from drinking soda, even if you are not watching your weight.

Studies have found an association between regular consumption of sugar-sweetened soft drinks and an increased risk of Type 2 Diabetes. Excess sugar intake may contribute to the development of diabetes. There are additional factors involved in developing diabetes, some of which include genetics, being overweight, and lack of exercise.

WHAT YOU DRINK MAKES MORE DIFFERENCE THAN YOU THINK.

Pay attention to both what you drink and what you eat. Most people do not realize just how many calories a sugar-sweetened beverage can contribute to their daily intake. Calories from drinks add up. Learn to read the entire



Photo: Network for a Healthy California

Inside this Issue

Teacher Corner:	
Are Sugary Drinks Replacing Healthy Meals?	2
Movement and Physical Activities	2
Cool Beverages	3
Recipes	3
Professional Development Resources	4
Children's Health and Wellness Books	4

nutrition label carefully to figure out how many calories are in the beverage.

Sources:

Department of Health and Human Services, Center for Disease Control and Prevention. Rethink your drink
Almiron-Roig E, Chen Y, Drewnoski A. No difference in satiety or in subsequent energy intakes between a beverage and a solid food. *Physiological Behavior*. 2004 Sep;82(4):671-7
Alameda County Department of Public Health Nutrition Services. Frequently Asked Questions About Sugar, 2010.

Teacher Corner

Are Sugary Drinks Replacing Healthy Meals?

Every additional daily serving of soda increases a child's risk for obesity by 60 percent. Young children are consuming a sugar-loaded beverage daily, as are 70% of two-to-five year olds. Soda consumption increases the risk for becoming overweight or obese in adulthood.

Domain: Language and Literacy. Builds sight word recognition and background knowledge and helps make connections such as text to word.

- **Visual Perception:** Use the "I am Different?" worksheet from the Rethink Your Drink (RYD) Campaign. Ask children to look at the pictures on the worksheet and circle pictures that are different. Can you explain why they are different? What is similar between the first line of pictures and the third?
- **Water Poster Board:** Use the "' W'" is for water" worksheet from the RYD

Campaign. Explain to the children that water starts with the letter "W". Ask children to think of other words that start with the letter "W". The teacher writes the words down on a poster board and reads them together with the children.

Domain: Self and Social Development. Imaginative play is a great activity for facilitating children's spoken language. Through dramatic play, children will practice speaking and negotiating, presenting opinions and problem solving.

- **Set Up a Water Stand.** Organize a water stand. Provide children with bags, a plastic pitcher, cash register, stand, play money, and different plastic fruits or vegetables. Encourage children to sell water with the fruits or vegetables. The children can take turns being a customer, seller or cashier. To assist children's understanding of the different roles



that exist in a water stand operation. Create name cards ("cashier", "server", "customer") for children to wear.

Domain: Cognitive Development.

Children will be able to problem-solve and make decisions about what to put into the pitcher, and measure cause and effect.

- **Cool Drinks.** Use the "Cool Drinks" worksheet from the RYD Campaign. Ask children to pick their favorite fruit and vegetable to place inside the pitcher with water. In the second pitcher, have the children draw a picture of the fruit or vegetable.

Note: Worksheet activities included inside Rethink Your Drink Workbook

Source:

California Department of Public Health, Rethink Your Drink. http://cdph.ca.gov/programs/cpns/Documents/WhatsDifferentPOTTER_9.pdf

Movement and Physical Activities



Are your children getting restless? Give them a "Brain Break" to energize or relax the children at the end of the day.

BRAIN BREAK: BIRDS AND FEATHERS

Ask children to imitate bird movements with their arms, legs, neck, and feet. They can also imitate bird sounds. Optional: Play any version of *Peter and the Wolf* quietly as background music.

Source:

Brain-Break Activities-Ideas for short physical activity breaks
<http://pinterest.com/parko/brain-break-activities/>

Cool Beverages

Sugar-sweetened beverages are the single greatest source of added sugar in the American diet. Why not prepare your own cool drink with herbs, vegetables and seasonal fruits from your garden? Here is a list of drinks you can prepare to cool off:



Sources:

NETA Quarterly Newsletter Volume 11, Issue 3

NETA Quarterly Newsletter Volume 12, Issue 4

Rethink Your Drink Resources.

<http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx>

Vegetable Drinks

Cucumber Mint Breeze
Lemongrass Tea
Spa Water with Mint

Fruit Drinks

Strawberry Pineapple Lemonade
Orange Freeze
Mango Orange Cooler
Melon Cooler
Agua de Manzana (apple water)

Recipes

CUCUMBER MINT BREEZE

Makes 4 servings.

1 cup per serving.

Prep time:

5 minutes

Ingredients

- ½ cup sliced cucumbers
- 1-2 sprigs of fresh mint
- Ice

Preparation

1. Fill pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.



STRAWBERRY PINEAPPLE LEMONADE

Makes 4 servings.

1½ cups per serving.

PREP TIME:

5 minutes

INGREDIENTS

- 4 cups 100% pineapple juice
- 2 cups fresh or frozen strawberries
- ¼ cup lemon juice
- ½ cup water
- Ice

PREPARATION

1. Blend all ingredients (except ice) until mixture is smooth.
2. Pour over ice and serve.

Recipe Source:

Rethink Your Drink Resources.

<http://www.cdph.ca.gov/programs/cpns/Pages/RethinkYourDrink-Resources.aspx>



Professional Development Resources

CDC (Centers for Disease Control and Prevention).

Healthy Weight - it is not a diet, it's a lifestyle!

www.cdc.gov/healthyweight/healthy_eating/drinks.html

Rethink Your Drink Resources.

You wouldn't eat 22 packs of sugar: Why are you drinking them?

www.rethinkyourdrinkca.com

Kick the Can.

<http://www.kickthecan.info/>

Soda-Free Summer Video.

<http://www.youtube.com/watch?v=4AZG3TaetkQ>



Photo: Network for a Healthy California

Children's Health and Wellness Books

DRINKING WATER

Mari C. Schuh

Publisher: Capstone Press

ISBN-13: 9780736869263

"DRINK WATER!' SAID THE OTTER" EARLY CHILDHOOD TOOLKIT. SODA FREE SUMMER. THE ALAMEDA COUNTY HEALTH DEPARTMENT.

This site contains a variety of activity handouts including coloring sheets and mazes, parent and teacher letters, and fun facts about healthy beverage in various languages.

<http://www.sodafreesummer.org/tools.php>



UC CE

University of California
Agriculture and Natural Resources

Cooperative Extension, Alameda County
1131 Harbor Bay Pkwy, Ste. 131
Alameda, CA 94502
Ph: 510-567-6812 | Fax: 510-748-9644

The University of California prohibits discrimination or harassment of any person on the basis of race, color, national origin, religion, sex, gender identity, pregnancy (including childbirth, and medical conditions related to pregnancy or childbirth), physical or mental disability, medical condition (cancer-related or genetic characteristics), ancestry, marital status, age, sexual orientation, citizenship, or status as a covered veteran (covered veterans are special disabled veterans, recently separated veterans, Vietnam era veterans, or any other veterans who served on active duty during a war or in a campaign or expedition for which a campaign badge has been authorized) in any of its programs or activities.

University policy is intended to be consistent with the provisions of applicable State and Federal laws.

Inquiries regarding the University's nondiscrimination policies may be directed to the Affirmative Action/Equal Opportunity Director, University of California, Agriculture and Natural Resources, 1111 Franklin St., 6th Floor, Oakland, CA 94607, (510) 987-0096.

NON PROFIT ORG
US POSTAGE
PAID
ALAMEDA CA
PERMIT NO 39