

Activity Workbook

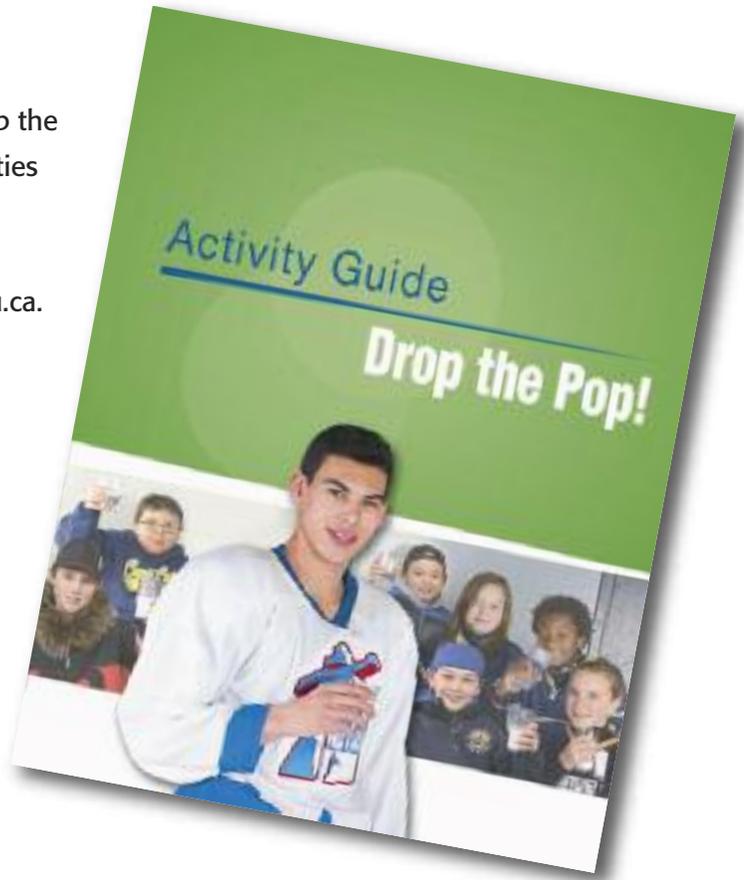
Drop the Pop



Welcome to

Drop the Pop!

This workbook has activities for all ages. Photocopy and use these activities in Drop the Pop programming. Some workbook activities are made to be used with activities in the Drop the Pop activity guide, which can be downloaded from www.livehealthy.gov.nu.ca.



Need more copies?

The activity workbook and guide can be downloaded from www.livehealthy.gov.nu.ca.

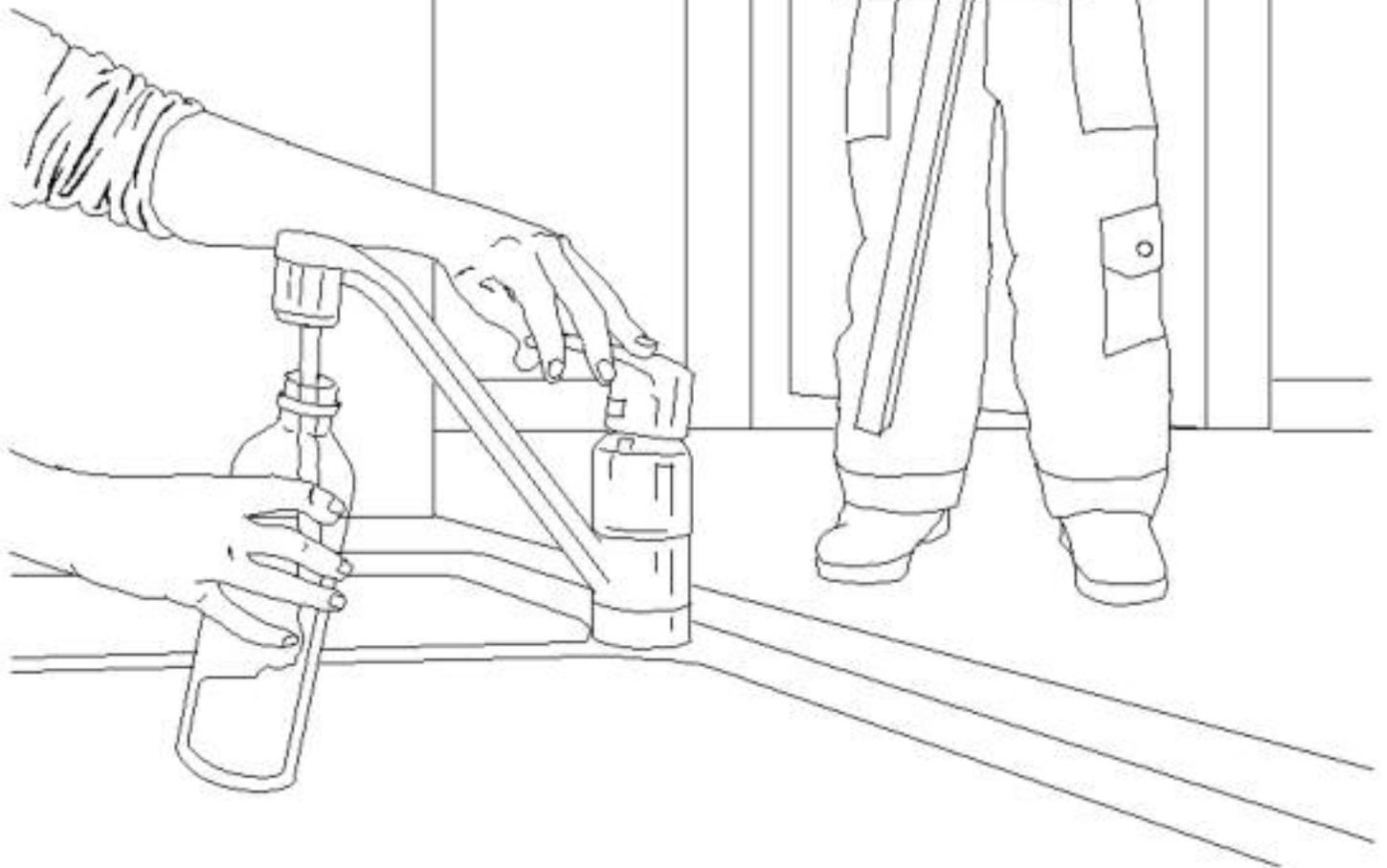
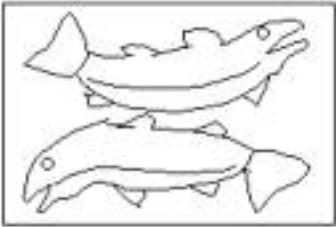
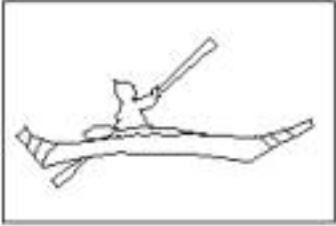
Additional Health Promotion Resources

Nutrition: www.livehealthy.gov.nu.ca/resources/

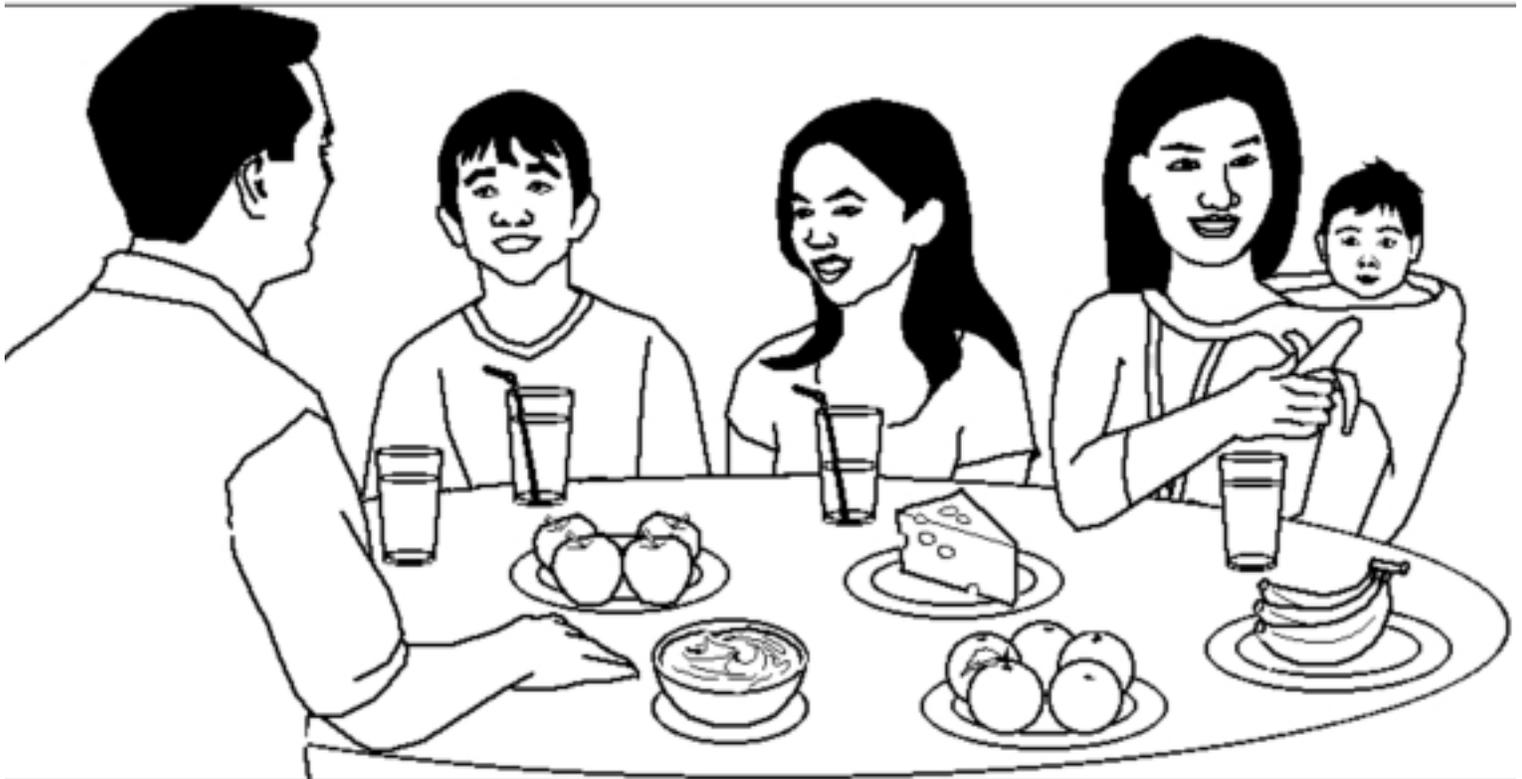
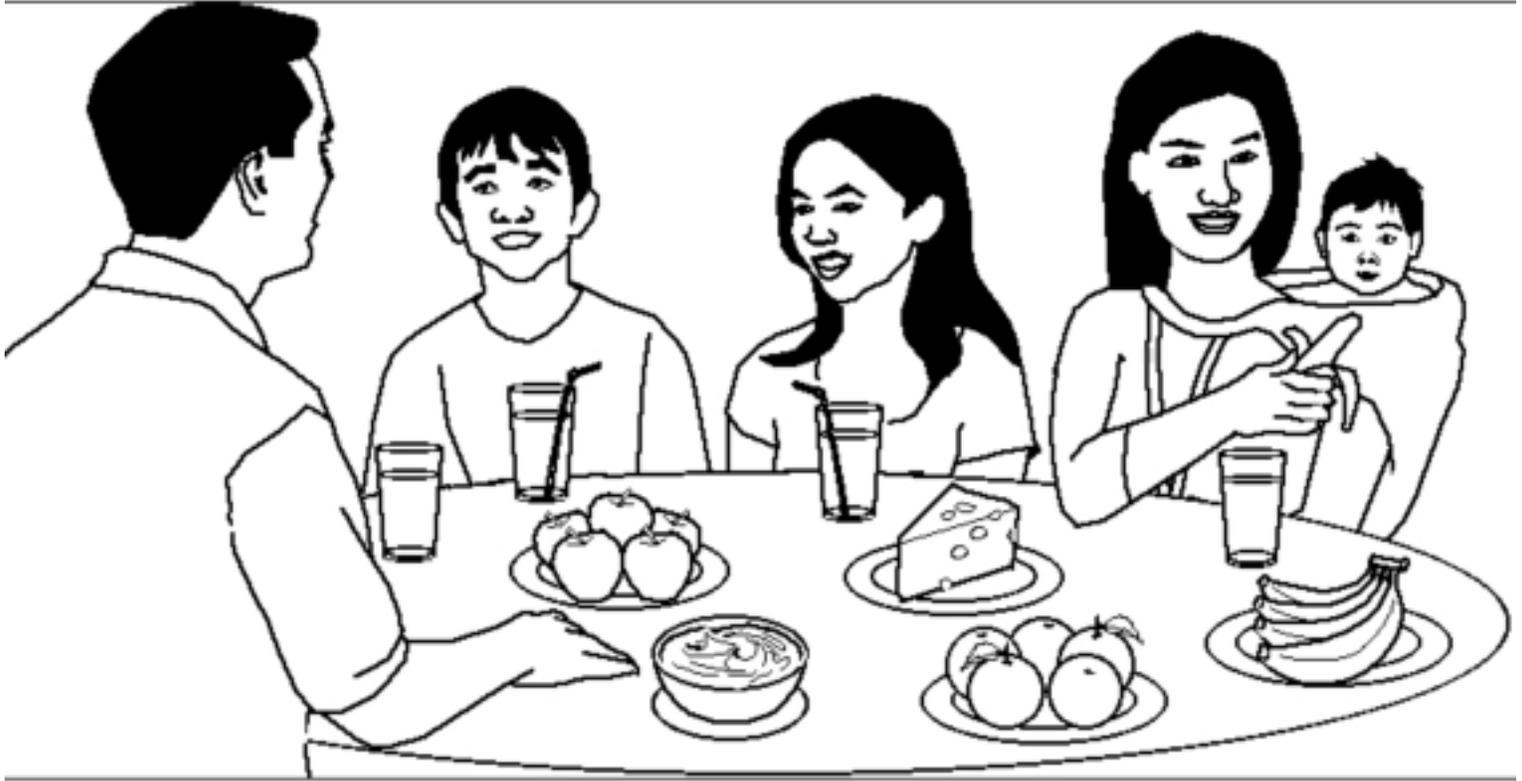
Healthy sexuality: www.irespectmyself.ca

Tobacco reduction: www.nuquits.gov.nu.ca/quit-tools

Make Water Your Main Drink!

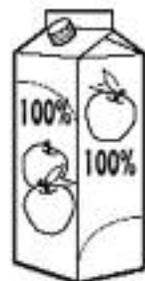
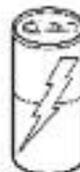


Circle the seven differences!



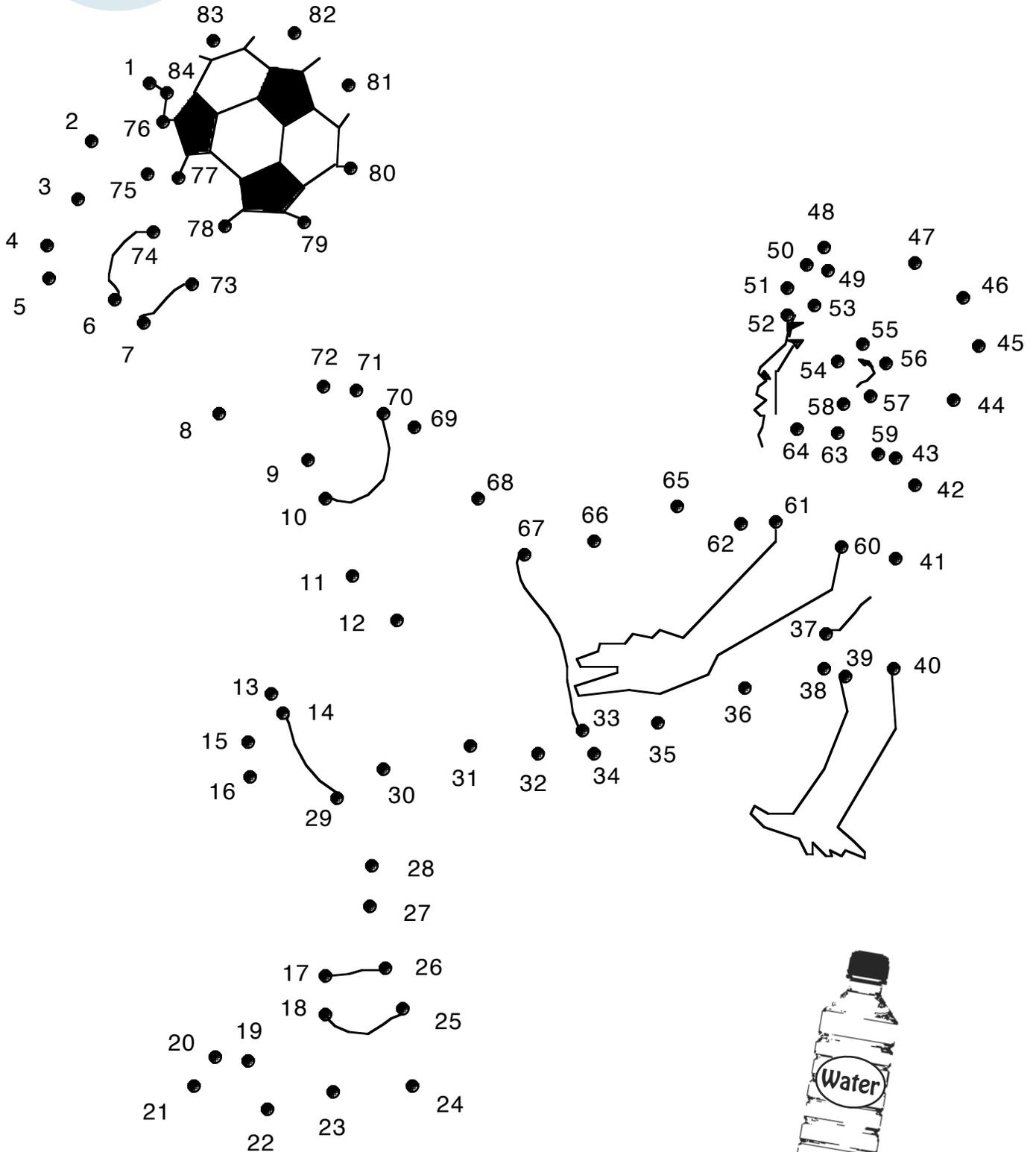
Find your way to healthy choices!

START



Make water your main drink!
Drink milk for strong teeth and healthy bones!
Limit 100% fruit juice to ½ cup a day.

Connect the dots!



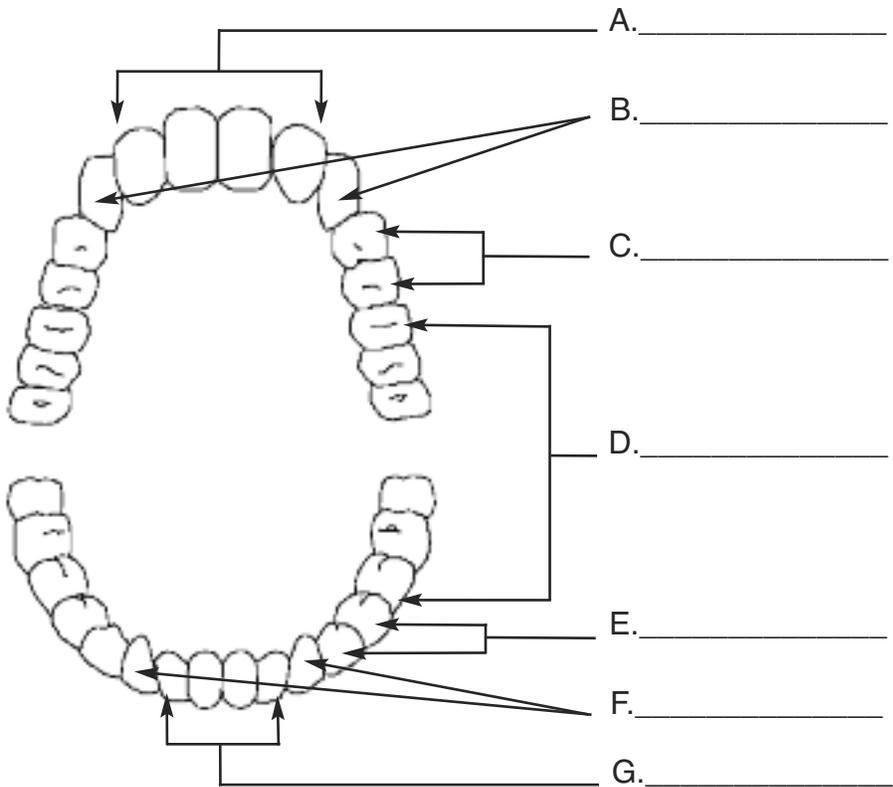
Make water your main drink!



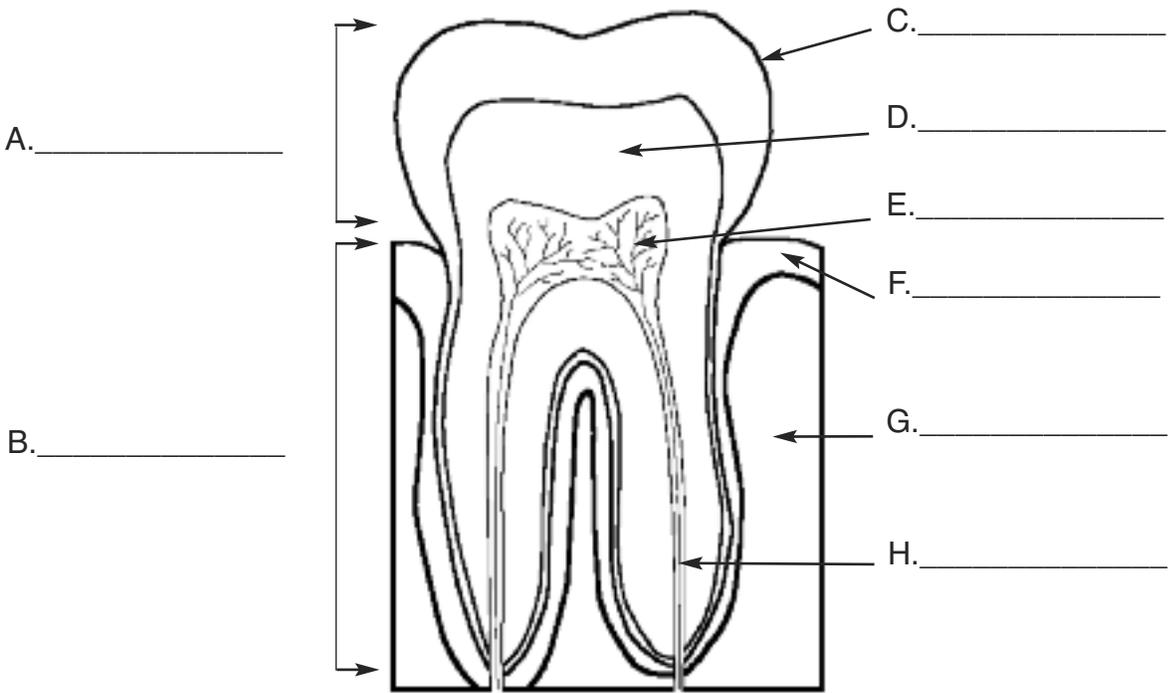
Label the Teeth!

Note: See the answers and key messages page.

1. Which teeth are incisors, canines (cuspid), premolars (bicuspid) and molars?



2. Label the enamel, dentin, pulp, nerves and blood vessels, crown, root, gums (gingiva) and bone.



Cost of Pop



See the
activity
guide

1. What does one can of pop cost in your community: \$ _____
2. How many cans of pop does the average student drink in one day: _____ cans
3. Calculate the cost of drinking that amount of pop in one day:

$$\underline{\hspace{2cm}} \text{ cans} \times \$ \underline{\hspace{2cm}} = \$ \underline{\hspace{2cm}} \text{ spent on pop in one day}$$

4. Calculate the cost of drinking pop for one week:

$$\$ \underline{\hspace{2cm}} \text{ spent on pop in one day} \times \text{seven days} = \$ \underline{\hspace{2cm}} \text{ spent on pop in one week}$$

5. Calculate the cost of drinking pop for one year:

$$\$ \underline{\hspace{2cm}} \text{ spent on pop in one week} \times 52 \text{ weeks} = \$ \underline{\hspace{2cm}} \text{ spent on pop in one year}$$

6. Calculate the cost of drinking pop for 15 years:

$$\$ \underline{\hspace{2cm}} \text{ spent on pop in one year} \times 15 \text{ years} = \$ \underline{\hspace{2cm}} \text{ spent on pop in 15 years}$$

What other things could you spend your money on instead of pop?

1. _____
2. _____
3. _____
4. _____
5. _____

Sugar in Pop



See the
activity
guide

The average amount of sugar in one can of pop is 50 ml.
One teaspoon is 5 ml, if you divide 50 ml of sugar in one can of pop by 5 ml
(one teaspoon), it means that there are 10 teaspoons of sugar in one can of pop!

Student Activity

How many cans of pop does the average student drink in one day: _____ cans per day

1. Calculate the milliliters of sugar drank in one day:

_____ cans per day \times 50 ml of sugar in one can of pop = _____ ml of sugar per day

2. Calculate the number of teaspoons of sugar drank in one day:

_____ cans per day \times 10 teaspoons of sugar in one can of pop = _____ teaspoons of sugar
per day

3. Calculate the milliliters of sugar drank in one week:

_____ ml of sugar per day \times seven days in one week = _____ ml of sugar per week

4. Calculate the number of teaspoons of sugar drank in one week:

_____ ml of sugar per week \div 5 ml in one teaspoon = _____ teaspoons of sugar per week

5. Calculate the milliliters of sugar drank in one year:

_____ ml of sugar per week \times 52 weeks per year = _____ ml of sugar per year

6. Calculate the number of teaspoons of sugar drank in one year:

_____ ml of sugar per year \div 5 ml in one teaspoon = _____ teaspoons of sugar
per year





Sugar in Pop

Classroom Activity

Based on your answers from the previous activity, as a class, measure into three separate bowls:

1. The amount of sugar in one can of pop
2. The amount of sugar the average student drank in one day
3. The amount of sugar the average student drank in one week

Next, write your answers to the questions below and then discuss them with the class.

What do you think about these amounts of sugar?

Why are sugary drinks not a healthy choice?

Why do people drink pop?

Why is it important to make healthy drink choices, like making water your main drink?

What can you do differently to make healthy drink choices?

Caffeine Calculations



Caffeine can make people feel irritable or anxious, increase blood pressure, cause headaches and weaken bones. Children and youth should not consume more caffeine than the daily maximum for their age and body weight. Use the tables on this page to help you answer the questions.

Age in years	Maximum amount of caffeine per day in milligrams (mg)
4-6	45 mg total
7-9	62.5 mg total
10-12	85 mg total
13+	2.5 mg per kg body weight

Beverage	Average caffeine content
1 can iced tea	17 mg
1 can cola	38 mg
Energy gum	40 mg per piece of gum
1 cup tea	43 mg
1 can Mountain Dew	55 mg
Caffeine pills	100 mg per pill
Energy mints	102 mg per mint
1 cup coffee	135 mg
1 can energy drink	155 mg
Energy shots	200 mg



Note:
You can also use the amount of caffeine listed on drink containers. Check the number of servings per container and calculate the amount of caffeine.

A) **What is the maximum amount of caffeine that is safe for your age and size? Remember it is recommended that children and youth do not consume any caffeine!**

_____ mg maximum amount of caffeine

If you are 13 years and older, what is your estimated or actual body weight in pounds? _____ lbs

Body weight in kilograms?

_____ lb ÷ 2.2 = _____ kg

What is the maximum amount of caffeine?

_____ kg X 2.5 mg of caffeine per kg of body weight = _____ mg maximum amount of caffeine



B) How much caffeine do you consume in an average day?

	Energy drinks	_____ cans of energy drinks X 155 mg caffeine	=	_____ mg caffeine
			+	
	Cola	_____ cans of cola X 38 mg caffeine	=	_____ mg caffeine
			+	
	Coffee	_____ cups (250 ml) of coffee X 135 mg caffeine	=	_____ mg caffeine
			+	
	Other: _____	_____ cans or cups X _____ mg caffeine	=	_____ mg caffeine
			+	
	Other: _____	_____ cans or cups X _____ mg caffeine	=	_____ mg caffeine
			TOTAL	= _____ mg caffeine consumed

C) Compare your maximum amount of caffeine to the amount of caffeine you consumed.

_____ mg caffeine consumed - _____ mg maximum amount of caffeine
= _____ mg caffeine

Compared to the maximum, did you consume _____ more or _____ less

What happens to your body if you drink more than the maximum amount of caffeine?

Do you need to rethink your drink? If yes, how will you change your drink choices?

Label Reading



a) Write down which drinks are:

100% real juice

Contain some real juice

Have no real juice

_____	_____	_____
_____	_____	_____
_____	_____	_____

b) Ingredient lists show everything added to a food or drink. Sugar has many different names. Write down all the names for sugar that you can find in the ingredient lists on the beverage containers.

_____	_____	_____
_____	_____	_____

c) How much sugar does each drink contain? Look at the nutrition facts tables on the beverage containers to find out!

Type of beverage	Write the amount of sugar in grams (g) below
100% real fruit juice	_____
Juice drink	_____
Milk	_____
Water	_____
Pop	_____
Drink crystals	_____
Other:	_____
Other:	_____

Why does 100% fruit juice have sugar listed in the nutrition facts table, but not in the ingredient list?

What two drinks are the healthiest choices?

1. _____ 2. _____

Tooth Brushing Calendar



Decorate this calendar to make it your own.
Fill in a space each time you brush your teeth!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Evening							
Morning							
Evening							
Morning							
Evening							
Morning							
Evening							
Morning							
Evening							

Junior Journalist 2 Interview Guide



Use this guide to help you interview someone who has made a commitment to healthy eating and making healthy choices. There is space at the end for your own questions.

Who are you interviewing? _____

Read: We are learning about healthy eating and making healthy choices at school. I would like to ask you some questions about healthy living.

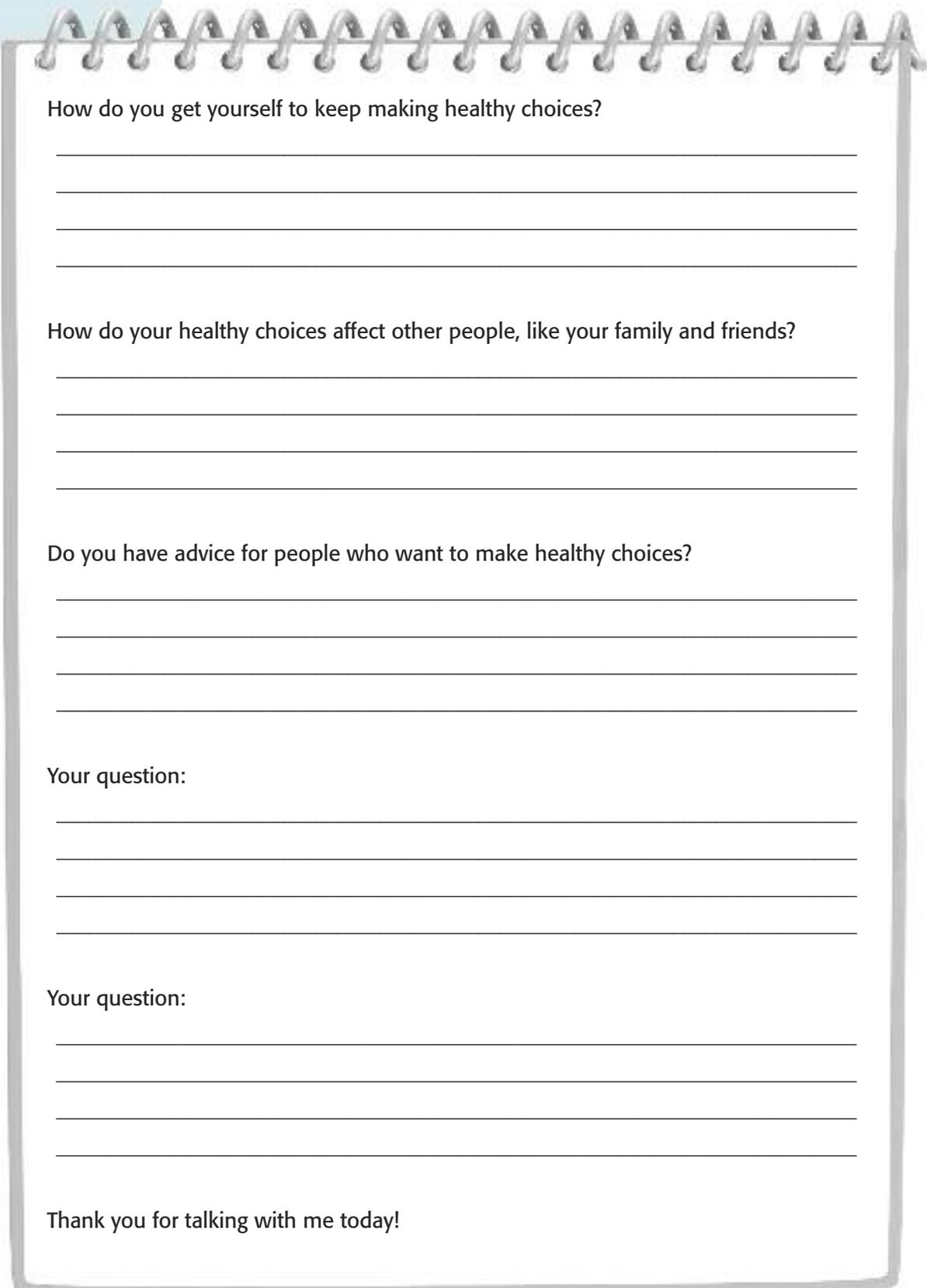
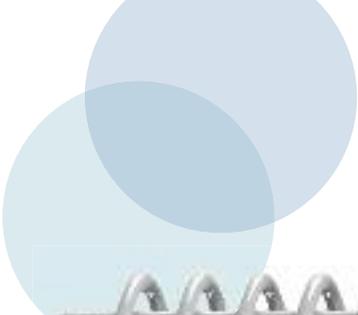
What healthy choices have you made?

Why did you make these healthy choices?

How do your healthy choices make you feel?

How long did it take you to make these healthy choices?





How do you get yourself to keep making healthy choices?

How do your healthy choices affect other people, like your family and friends?

Do you have advice for people who want to make healthy choices?

Your question:

Your question:

Thank you for talking with me today!

True or False?



See the
activity
guide

Read each statement and decide if you think the statement is true or false. Circle true or false.

- | | | |
|---|------|-------|
| 1. A fruit drink is 100% fruit juice. | True | False |
| 2. Teeth only need to be brushed once a day. | True | False |
| 3. 100% fruit juice is not a sweet drink. | True | False |
| 4. Milk makes teeth strong and bones healthy. | True | False |
| 5. Energy drinks have a lot of sugar. | True | False |
| 6. The sugar in sweet drinks can cause tooth decay. | True | False |
| 7. Water is not a healthy drink choice. | True | False |
| 8. You should not have more than half a cup of 100% fruit juice in a day. | True | False |
| 9. Chocolate milk and yogurt drinks are not sweet. | True | False |
| 10. Sport drinks are okay to drink when you're playing vigorous sports for more than an hour. | True | False |
| 11. 100% fruit juice has vitamins and minerals that are not in fruit drinks. | True | False |
| 12. Country foods are a healthy choice. | True | False |
| 13. Do not eat fruit because it is sweet. | True | False |
| 14. Sports drinks are always a healthy choice. | True | False |
| 15. Energy drinks are for when you play sports and traditional games. | True | False |
| 16. Milk is not a sweet drink. | True | False |
| 17. It is better to eat the fruit than drink its juice. | True | False |
| 18. Drinking pop does not hurt your teeth. | True | False |

Answers and Key Messages

True or False?

- 1) False. Fruit drinks are high in sugar. They are not 100% fruit juice and may not even contain any juice at all.
- 2) False. Brush teeth for two minutes in the morning and before bed. Use a berry-sized amount of toothpaste.
- 3) False. Even though 100% fruit juice comes naturally from fruit, it is still a sweet drink.
- 4) True. Drink milk for strong teeth and healthy bones!
- 5) True. Energy drinks are sweet drinks and are not a healthy choice. They also contain caffeine. It is recommended that children and youth do not consume caffeine.
- 6) True. Tooth decay is an infection of the teeth. It is also called a cavity. It happens when germs and sugar from sweet foods and drinks like pop, stay on the teeth for a long time and attack the teeth.
- 7) False. Make water your main drink!
- 8) True. 100% fruit juice is a sweet drink. Limit 100% fruit juice to half a cup (125 ml) per day.
- 9) False. Chocolate milk and yogurt drinks are sweet drinks, but they are healthier choices than pop and other sweet drinks. An even healthier choice is to drink plain milk and eat unsweetened yogurt.
- 10) True. Sports drinks are sweetened and should only be consumed when playing intense activities, like hockey, for longer than an hour.
- 11) True. 100% fruit juice is a healthier choice compared to other sweet drinks. 100% fruit juice has vitamins and minerals that other sweet drinks do not contain.
- 12) True. Country foods are a healthy choice. Studies show that on days when Nunavummiut eat country food, we eat much higher levels of important nutrients (vitamins, minerals, healthy fats).
- 13) False. Fruit is a healthy choice. Have fruit more often than juice.
- 14) False. When playing sports, water is the best choice to satisfy thirst. Sports drinks should only be consumed when playing intense activities, like hockey, for longer than an hour.
- 15) False. Energy drinks should not be consumed when playing sports and traditional games because they are too high in sugar and caffeine. Caffeine can make you feel irritable, anxious, increase your blood pressure, cause headaches and weaken bones.
- 16) True. There is only a little naturally occurring sugar in milk. For healthy teeth and bones, have milk every day.
- 17) True. It is better to have berries, fruits and vegetables more often than juice. Fruit contains fiber which is not in fruit juice. Fiber is important for good health. It helps prevent constipation and reduces the risk of various diseases like colon cancer and heart attack.
- 18) False. Calcium is the mineral that makes teeth strong. Acids in pop can make calcium come out of teeth. The sugar in pop can lead to tooth decay (explained above).

Label the Teeth:

1. A. Incisors, B. Canines, C. Premolars, D. Molars, E. Premolars, F. Canines, G. Incisors
2. A - Crown, B - Root, C - Enamel, D - Dentin, E - Pulp, F - Gingiva (Gums), G - Bone, H - Nerves and blood vessels

Resources

Nunavut Nutrition

Department of Health, Government of Nunavut: www.gov.nu.ca/page/department-health

Nunavut Nutrition: www.livehealthy.gov.nu.ca/en/food-0

Nunavut Nutrition Resources (Nunavut Food Guide, Nunavut Food Guide Educator's Handbook, Colouring Book, Recipes, and more): www.livehealthy.gov.nu.ca/en/resources

General Nutrition

Healthy Canadians, Healthy Eating:

www.healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/index-eng.php

Dietitians of Canada: www.dietitians.ca

For nutrition games and quizzes see here: www.kidshealth.org

Eat Right Ontario: www.eatrightontario.ca

Reading Nutrition Labels

Government of Canada: www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/index-eng.php

Health Canada: www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/index-eng.php

Heart and Stroke Foundation:

www.heartandstroke.com/site/c.ikIQLcMWWtE/b.4391511/k.6166/Nutrition_Facts_table.htm

Eat Right Ontario: www.eatrightontario.ca/en/Articles/Nutrition-Labeling

Oral Health

Nunavut Oral Health: www.gov.nu.ca/health/information/oral-health

Canadian Dental Association: www.cda-adc.ca

Ontario Association of Public Health Dentistry: www.oaphd.on.ca

2MIN2X: www.2min2x.org

Bright Smiles Bright Futures from Colgate:

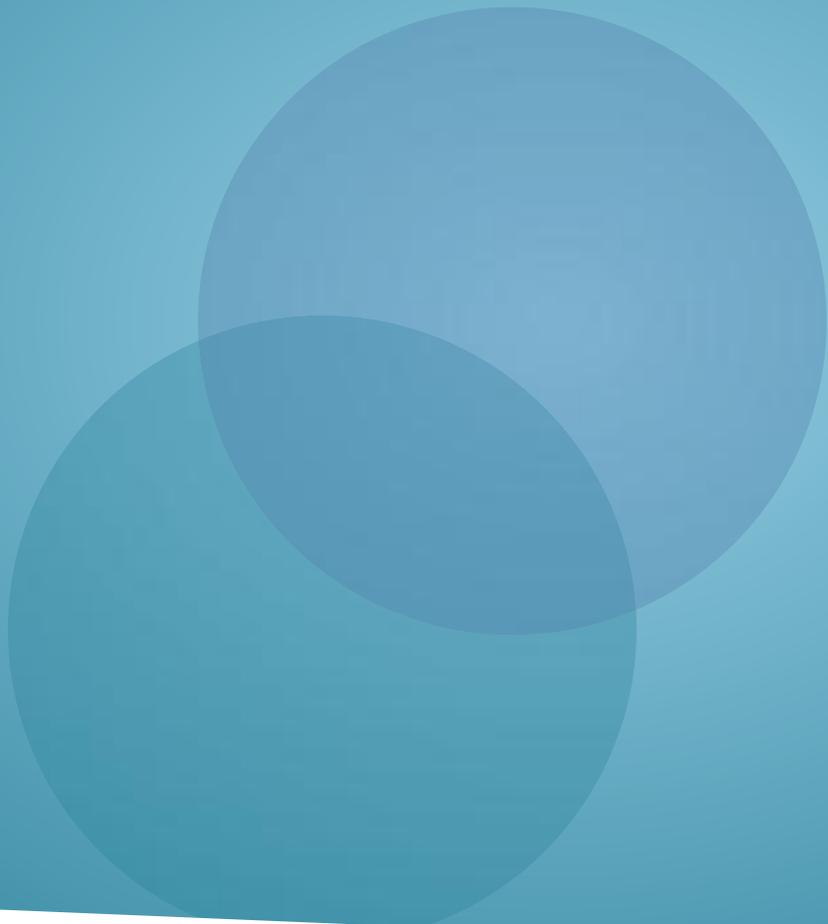
www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp

Healthy Sexuality

Nunavut Healthy Sexuality: www.irespectmyself.ca

Tobacco Reduction

Nunavut Tobacco Reduction Resources: www.nuquits.gov.nu.ca/quit-tools



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