



Health & Wellbeing



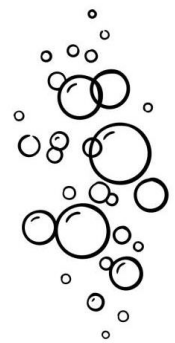
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THEME: Healthy Eating – Re-think your drink

Fizzy drinks have a massive impact on young people’s health. The excessive sugar consumption, paired with caffeine negatively impacts general health and wellbeing. Young people have become dependent on these drinks by substituting water. This session will educate young people on the benefits of drinking water, the dangers of fizzy drinks and how to overcome excessive consumption.

LEARNING OBJECTIVES

1. To understand the dangers associated with the consumption of sugary drinks
2. To understand the benefits of drinking water
3. Participants will develop strategies to replace fizzy drinks with water

CONTENT	METHODS/ RESOURCES	APPROX. TIME
Gauge Understanding – Introduction	<p>Introduction to the topic, session objectives, and icebreaker.</p> <p>Icebreaker: The facilitator asks each young person to form a circle and make a declarative statement about their drink consumption. For example, my name is Alex and I drink one tin of coke each day. Once each participant has made a statement, the first person is tasked with going around everyone and remembering their statement. This will create talking points and help the group get to know each other better. This can also be used to challenge perceptions, i.e., ask participants to state a fact they know about healthy eating and remember these from others.</p> <p>Ask young people to list their favourite beverage choices. Responses can be written on a whiteboard or flipchart paper. Discuss which beverages they think are healthy choices and why. Keep these responses on the board and Inform participants that we will revisit these choices after discussing this topic further. (Slide 2)</p> <p>Critical Reflection on how many sugary drinks the group consumes daily? (Slide 2)</p>	<p>20 minutes</p> 

	<p>Activity from PowerPoint- which has more sugar content and by how much? Slide 3- explain that people may look at Cranberry juice and think it is healthy, but it contains a similar sugar level as some fizzy drinks at 12.1g. Whilst green tea has no sugar, it has caffeine which can also be a negative.</p> <p>Go through Mountain Dew and Lucozade. People think Lucozade is a sports drink, but it is extremely sugary.</p> <p>Apple Juice V water. There is a misconception that apple juice is a healthy choice.</p>	
Group Activity	<p>Debunk myths that certain high sugar drinks are good for you and highlight how you can tell with the label. (Slides 3 and 4 will assist with this).</p> <p>With sugar cubes, young people are split into groups and given a variety of empty bottles of well-known drinks. The activity requires them to allocate the amount of sugar cubes they believe are in that bottle and explain why. (Slide 7)</p> <p>From the initial activity where young people put their drinks choice on the board, did they think they were consuming that much sugar? And would they continue to select these drinks? Would this change their future habits?</p>	30-45 minutes
Label Reading	<p>Understanding labels is extremely important when making informed decisions. Slide 8. Explain that one drink could potentially put young people over their recommended daily amount.</p> <p>Outline the traffic system as a viable method that can help young people make informed decisions.</p>	
Activity	<p>Traffic Light Systems: In groups provide a variety of drinks. If they are safe to always drink, they are labelled green, if you can have them non regularly, label them amber and if they are too high in sugar, label them red. Slide 9. The benefits of drinking water (slide 9-15) -</p> <p>Activity In Groups: Fill a pint glass with water to demonstrate how much water should be drunk each day and see what group can get closest to the recommended intake.</p> <p>In the same groups, discuss how the group can drink more water each day and keep track of this. (Use slides 10-14 to help you).</p> <div style="text-align: center;">   </div>	<p>20 minutes</p> <p>20 minutes</p> <p>30minutes</p>

