

Grade 7

Lesson 4

Lesson plan

Lesson theme	Healthy drinks	Grade	7
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none">• Making healthy food choices• The benefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">• Ways to improve one’s diet.		<ul style="list-style-type: none">• Learning how to lead a healthier lifestyle.	
Core knowledge			
<ul style="list-style-type: none">• Understanding the different types of drinks that are available today and which of these are the healthiest options• Knowledge of the nutrient content of various drinks and how they fit into a healthy, well-balanced diet.			
Learning activities and assessment			
<ul style="list-style-type: none">• Discussion on the importance of drinking liquids during the day and the nutritional benefits of drinking water, milk and 100% fruit juice• Learners are divided into groups and given empty drink containers which they analyse for nutritional content. Learners also discuss the different types of drinks available• Learners list their favourite drinks and determine which food group they would fit into• Learners identify which drinks are offered on the school premises, and offer suggestions for healthier choices• Introduce the worksheet for lesson 4.			
Forms of assessment		Resources	
<ul style="list-style-type: none">• Discussion• Worksheet.		<ul style="list-style-type: none">• Empty water, milk, fizzy drink and fruit juice containers• Worksheets.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">• Encourage learners to always look at the labels on their drinks so to determine the nutritional content.		<ul style="list-style-type: none">• The activities help learners realise that a well-balanced diet requires that a variety of healthy beverages be consumed every day.	

Grade 7

Lesson 4: Healthy drinks (40 minutes)

1 Outcomes

By the end of this lesson, the learners should be able to:

- Identify healthy beverage choices as a part of a well-balanced diet
- Compare different types of milk, juice and water
- Identify how many kilojoules are in certain drinks and their contribution to their diet.

2 Teacher's corner

It is important to have a variety of different drinks as part of a well-balanced diet. Many different types of drinks are available today, for example, bottled water, 100% fruit juices, fruit flavoured drinks, milk and carbonated drinks. Learners and adolescents are drinking large amounts of fizzy drinks and fruit-flavoured beverages that are high in sugar and kilojoules.

Fizzy drinks

Regular (not sugar-free) fizzy drinks are very low in essential nutrients (such as vitamins, minerals and protein) and very high in sugar. This high sugar content contributes to a high kilojoule intake. This is made worse by the large portions children are drinking today (for example super-sized options at take away outlets and movies). Any extra kilojoules that are not burned off through physical activity will result in weight gain, which is a major concern given the decreased levels of activity among children today.

Water

The Food-based Dietary Guidelines for South Africans encourage us to 'drink plenty of clean, safe water'. Clean tap water is still an excellent, affordable choice for learners today. Plain water allows learners to hydrate without increasing their sugar (and therefore kilojoule) intake.

The challenge is to encourage learners to drink water when there are so many other, 'more interesting' options available with massive marketing campaigns behind them. Bottled water often contains sugar as a sweetener (look for the words sucrose and fructose on bottled water labels). As with fizzy drinks, there are bottled water options available that are sweetened with non-nutritive sweeteners and these are obviously lower in kilojoules.

Experimenting with natural flavourants (adding chopped fruit, lemon and orange slices, mint leaves and crushed ice, for example) can be an effective way making water more attractive to adolescents. Having caffeine-free and sugar-free drinks such as rooibos and caffeine-free herbal teas also counts towards water intake.

100% fruit juice

Fruit juice has often been said to be a healthier drink option for learners because of the vitamin and mineral content. It is true that 100% fruit juice contains more nutrients than fruit flavoured drinks and fizzy drinks, however the fruit sugar content (and therefore kilojoule content) is very high. As fruit juice is made from several fruits, it is a concentrated source of fruit and, therefore, sugar (fructose).

Grade 7

So while the nutrients are valuable, the sugar content and kilojoule content can pose health risks.

The sugar is in a liquid form so it is very easy to have too much and a regular intake of fruit juice can contribute to dental caries. The additional kilojoules can contribute to unwanted weight gain. Diluting fruit juice with water is a good way to reduce the sugar content, but still get some nutrients and flavour.

Fruit-flavoured drinks

Fruit-flavoured drinks may appear to be healthier options than fizzy drinks, but in many cases they are not. Fruit-flavoured cordials such as passion fruit or lime are simply fruit-flavoured syrups (concentrated sugar) that are then diluted with water. Some may be enriched with vitamins, such as vitamin C, but they are no nutritional match for diluted fruit juice.

Milk

Milk is a very nutritious drink and can contribute important protein and calcium to a learner's diet. Protein is very important to provide amino acids, the building blocks needed for optimal growth and development. Calcium is essential for bone and teeth development. And the vitamin D in milk helps with calcium absorption.

Children need some dairy everyday and a glass or 2 of milk can contribute towards their nutritional requirements. Low-fat, flavoured milk is often a popular choice and is seen as healthier than fizzy drinks. Although it contributes protein and calcium, its sugar content is usually high. A home-made smoothie containing low-fat milk, some fruit and a little honey is a nutritious way to include milk in the diet, without excessive sugar.

Keep in mind that like foods, all drinks can be part of a healthy diet. The key is to have a variety of different drinks as part of a well-balanced diet.

3 Activities

In this lesson, learners compare the nutrient content of various drinks and determine how they fit into a healthy diet.

For lesson 4 you'll need empty containers of

- Water
- Milk
- Fizzy drinks
- Fruit juice.

Activity 1: Drinking and nutrition (10 minutes)

Activity 1 is a discussion session about the part drinks choices play in a healthy diet. A healthy, nutritious diet isn't only determined by what we eat, but also what we drink. A well-balanced diet includes a variety of different drinks.



Grade 7

- Ask the learners to name the different types of drinks they have during the day. List these responses on the board or the overhead projector. Organise the drinks by food group.
- Ask the learners why it is important to drink liquids during the day
- The healthy drinks choices are water, milk and diluted 100% fruit juice
- You should give water, milk and 100% fruit juice nutritional information to them or they can write it down in their workbooks.

Water

Remind the learners why the body needs water.

- It helps to regulate your body temperature. A normal body temperature is about 37°C
- It helps carry nutrients and oxygen to the cells in the body
- It removes waste from the body
- It lubricates the joints
- It protects organs and tissues.

Learners should drink about 8 glasses of water each day. However, this will vary according to the environmental conditions and how active the learner is. Emphasise that they must always remember to drink water before and after participating in physical activity to keep the body hydrated. Advise the learners to 'drink to thirst'.

Milk

Milk is good for you as it contains the following nutrients:

- Calcium, which helps keep bones and teeth strong. It is also important for our muscles and blood clotting
- Vitamin D, which helps the body absorb calcium
- Protein, which helps with muscle, bone and tissue growth
- Learners should have 2 servings of milk each day.

100% fruit juice

100% fruit juice contains the following nutrients:

- Vitamins and minerals which are essential for growth and development and everyday body functions
- Phytonutrients, which are recently discovered food components found in fruit that contribute to disease prevention
- Carbohydrates for energy. It is best to dilute fruit juice with water (mix half fruit juice with half water) because a lot of fruit is used to make it, which means it is very concentrated and contains lots of kilojoules.
- It also contains a lot of sugar from fruit, which can cause dental cavities.

Grade 7



Activity 2: Food label investigators (15 minutes)

Divide the class into groups and give each group a few examples of the different types of water, milk and fruit juice choices available. Use empty containers or packaging with the labels on.

- Ask the groups to discuss the different types of drinks available
- Ask them to look at the labels and the ingredients in each product
- Ask them to tell you about the different types of drinks after they have discussed them
- You should give water, milk and 100% fruit juice nutritional information to them or they can write it down in their workbook.

Different types of milk

- Fat-free milk contains 0 to 0.5 g of fat per 100 ml. It is also known as skim milk
- Low-fat milk contains 2 g of fat or less per 100 ml. It is also known as 2% milk
- Full-cream milk contains 8 g of fat per 100 ml
- Flavoured milk contains more kilojoules per 100 ml because of the sweetener that is added to the milk.

Different types of fruit juice

- 100% fruit juice contains 100% juice from a single fruit or a blend of different fruits
- Flavoured fruit drinks contain less than 100% juice. Some contain only 5% or 10% fruit juice and have sweeteners (sugar) added.

Different types of water

- Tap water
- Spring water flows naturally out of the earth at a particular spot and is bottled
- Flavoured water
 - Flavoured with sugar
 - Flavoured with artificial sweeteners.

Activity 3: Where do your favourite drinks fit in? (5 minutes)

- Ask the learners to list their favourite drinks
- Revise the 5 food groups and the Food-based Dietary Guidelines (see the educator's guide for more details)
- See which food groups the learners' favourite beverages fit into.

Grade 7

Activity 4: Which drinks are available at our school? (5 minutes)

- Identify all the drinks that are offered in the vending machines and tuck shop at school
- For those drinks that are high in sugar and kilojoules, ask the learners for suggestion for healthier choices.



4 Wrap up (3 to 5 minutes)

Remind the learners of the role that making healthy drinks choices plays in a well-balanced diet and they can tell how healthy a drink is by looking at the nutrients on the label.

Introduce the worksheet for lesson 4.

Grade 7

Name: _____

Worksheet: Grade 7, lesson 4

Task 1: Your favourite drinks

Fill in the table by listing your 4 favourite drinks and which food group they belong to. Then give a healthy alternative for each of your favourite drinks and explain why it is a healthy choice.

Favourite drink	Food group	A healthier alternative	Advantage of choosing the healthier alternative