

Cafeteria Line Messages

Water versus Added Sugar Beverages, Grade 6

Message Pair #1

QUESTION What drinks are the best for you?

ANSWER Water and milk (nonfat, skim, or 1%, or soy with calcium...milk sure does a body good.)

Message Pair #2

QUESTION Why is water better for you than those sugary drinks like fruit punch, soda, and sports drinks?

ANSWER Because too much sugar may make you gain weight. And the more you weigh, the more likely you are to get diabetes. Water is where it's at.

Message Pair #3

QUESTION How much water should boys and girls drink a day?

ANSWER You want to drink at least 5 full glasses of water to keep your body moving and grooving.

Message Pair #4

QUESTION Name 2 reasons dehydration is a drag.

ANSWER Dehydration is like a vacuum—it sucks all the energy out of your body. (Scientists say: You will have less water in your body to deliver nutrients and oxygen to your organs.)
Your muscles are almost 70% water. So if you are dehydrated, there isn't enough water in your body to show off your healthy muscles.

Message Pair #5

QUESTION True or False:
Feeling thirsty while playing with your friends is your body saying it needs more water.

ANSWER The answer is true. Even if you aren't thirsty, you may need water. Drink water before, during, and after any physical activity to keep hydrated.

Message Pair #6

QUESTION True or False:
Water makes you think on your toes and notice what's around you better.

ANSWER True story! Water helps the blood flow freely to the brain—making you more alert. Hello!

Message Pair #7

QUESTION True or False:
Soda helps make you big and strong by strengthening your bones and muscles.

ANSWER No dice. Soda lacks the calcium and the protein needed for bones and muscles to grow strong. Stick with milk to keep you mooooooving!

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Message Pair #8

QUESTION True or False:
2% milk is a low fat milk that is a good choice!

ANSWER False. 1% or less regular or soy milk is a better choice because these choices have less fat than 2%.

Message Pair #9

QUESTION True or False:
100% pure fruit juice has the same amount of sugar that soda does.

ANSWER Who knew? It's true! So next time you want something fruity, grab an apple and skip the juice. At least you won't have to wash the glass.

Message Pair #10

QUESTION Should boys and girls your age drink sports drinks?

ANSWER Only if you play a competitive sport for more than 2 hours straight. (That's 7,200 seconds!) But water is always the HEALTHY choice for most kids your age. So drink up!

Message Pair #11

QUESTION What in the world is hydration?

ANSWER Hydration is a measure of the amount of water in your body.

Message Pair # 12

QUESTION True or False:
It is important to stay hydrated during the winter.

ANSWER It's true! Even though the weather is cold, it is important to stay hydrated during physical activity. So fill up on water before playing outside.

Message Pair # 13

QUESTION How can you tell if you are dehydrated?

ANSWER When you're dehydrated, you might have the yawns and feel pretty tired. You may also start to get dizzy and get funny tingles in your stomach. But you can avoid these icky feelings by drinking at least 5 big glasses of water a day.

Message Pair #14

QUESTION How can you get enough water during your school day?

ANSWER Every time you pass a water fountain, take a big gulp. This will help your body stay hydrated. And your brain ready for those pop quizzes.

Message Pair #15

QUESTION What are 3 ways your body loses water during physical activity?

ANSWER While playing or exercising, your body can lose water through sweating, and breathing. So when you're running to first, make sure you cover all your bases by drinking lots of water.