

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Module 4: Water

**Lesson Theme:** Reinforce the benefits of drinking water daily and increase knowledge related to alternative sources of water.

**ACTIVITY:** Please complete the following chart and answer the questions below.

### What's in my drink?

Remember: 4 grams = 1 teaspoon

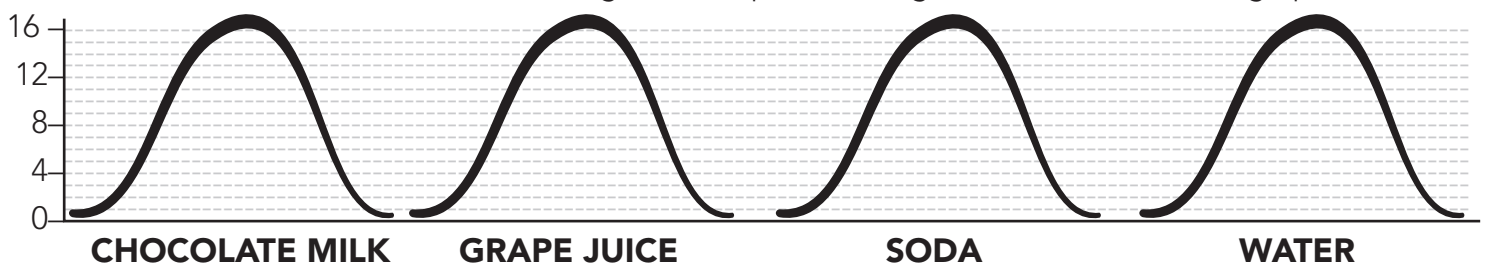
Example 16 grams of sugar = 4 teaspoons

Note: The recommended daily consumption of sugar is less than 36 grams of sugar per day.

Name of Drink*	Grams of Sugar (Approx.)	Teaspoons of Sugar (Approx.)
Sweet Tea	32	8
Chocolate milk	20	
Grape juice	48	
Blended coffee drink with whipped cream	44	
Soda	44	
Slushie	36	
Water	0	
Sports Drink	21	

\*Per 12 fluid ounces

**DIRECTIONS:** Shade in the amount of sugar (in teaspoons) using the numbers from the graph.



1. If you drink three 12 oz cans of soda in one day, how many grams of sugar did you consume? \_\_\_\_\_
2. There are 40 grams of sugar in one can of soda, how many grams of sugar are in 3 cans? \_\_\_\_\_
3. Of the drinks on the list, which one do you think is the best one to have when you are thirsty? Why?

\_\_\_\_\_

\_\_\_\_\_

**REFLECTION:** In the space below, write one thing that you learned during today's lesson and what you thought about the mindful tasting.

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**Today I tasted:**

**Lemon Cucumber Infused Water**



**Ingredients**

- 1/2 lemon
- 1/4 cucumber
- Ice
- Water

**Instructions**

- Slice the lemon very thinly and set aside.
- Slide the cucumber very thinly and set aside.
- Place the sliced lemon and cucumber into a jug and fill with clean water.
- Serve over ice.

Source: <https://www.tastemade.com/shows/healthy-af/lemon-cucumber-infused-water>



**Fun Fact:**

A human's body is made of 60-70% water. Children should drink at least 5 cups of water each day!



**Joke:**

What do you give a sick lemon?  
Lemon aid