

BRILLIANT BEVERAGES AND SMART SNACKS

What is the best beverage to drink?

Read through the ingredients in both beverages below and circle the low-quality ingredients you learned about in a previous lesson. Then decide what is the best beverage choice.

Why? _____

POWERADE

Ingredients:

water, high fructose corn syrup
maltodextrin (glucose polymers),
citric acid, salt, potassium citrate,
modified food starch, potassium
phosphate, natural flavors, glycerol
ester of wood rosin, guar gum,
niacinamide (Vit B3), coconut oil,
brominated vegetable oil, pyridoxine
hydrochloride (vit B6)

Water My Way

Ingredients:

Water, and:

- Splash of juice
- Slice of orange or lemon
- Sprig of mint

Your ideas:

- _____
- _____
- _____
- _____
- _____
- _____

Here are my ideas on how to drink more water after playing hard:

Now, create your own brilliant beverage recipe and write it down below. You share your recipe with others and try their ideas too! Be creative - - - try mixing more than one flavor into your water, for example, a splash of watermelon AND a sprig of mint.

These are the ingredients I will try to use to flavor my water:

Mix and Match Smart Snacks

Below is a chart to help you plan snacks. To create variety and balance for each snack, choose one item from two or three of the food groups. See if you can come up with 3 snack ideas. Share and swap your ideas with others!

Aim to get at least one fruit and/or vegetable into each of your ideas. For an extra challenge, try to come up with 2 snacks that contain green vegetables.

Here are a few examples to get you going:

- Whole grain crackers + cheese + apple
- Baked tortilla chips + refried beans + red bell pepper strips
- Yogurt Parfait: Granola + sliced fruit + low-fat yogurt

Whole Grains	Vegetables & Fruits	Protein	Fats
Whole wheat bread	Vegetables:	String cheese	Butter
Quinoa	Bell Peppers	Cottage cheese	Avocado
Pita Bread	Broccoli	Parmesan cheese	Guacamole
Cereal	Carrots	Feta cheese	Olive oil
Whole grain crackers:	Cauliflower	Milk	Mayonnaise
Corn Tortillas	Celery	Other type of milk	Other healthy fat:
Baked Tortilla chips	Cucumber	Low-fat yogurt	_____
Popcorn	Snow peas	Refried beans	_____
Baked potato	Other: _____	Soybeans	_____
Whole wheat pasta	_____	Black beans	_____
Other whole grains:	Fruits:	Garbanzo beans	_____
_____	Bananas	Hummus	_____
_____	Berries	Hardboiled egg	_____
_____	Grapes	Lean meat	_____
_____	Melon	Tuna	_____
	Nectarines	Tofu	_____
	Oranges	Nut butter	_____
	Raisins	Other: _____	_____
	Other: _____	_____	_____
	_____	_____	_____
	_____	_____	_____

Here are my ideas for smart snacks that I can make:

_____ + _____ + _____

_____ + _____ + _____

_____ + _____ + _____

Don't forget to swap your smart snack ideas with others for more variety!