

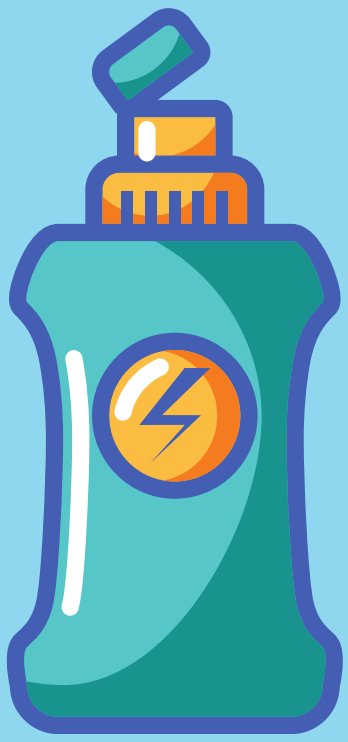
# RETHINK YOUR DRINK!

Activity Book For Kids

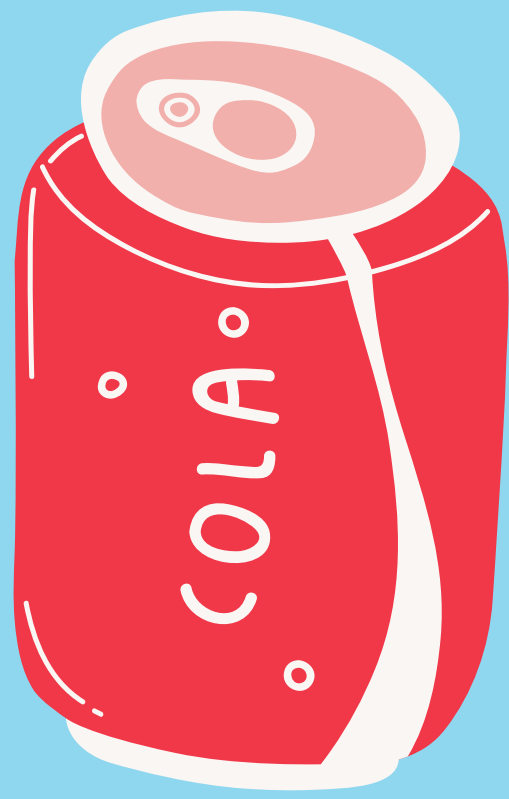


# Switch to Water

**While soda can be a fun drink, it has a lot of sugar and not many vitamins that make you strong and healthy. A healthy diet contains less than 10 teaspoons a day of sugar.**



**20 oz of sports drinks, like Gatorade, have 140 calories and 8 teaspoons of added sugar.**



**A 12 oz can of soda has 140 calories and 10 teaspoons of added sugar.**



**Fruity drinks, like Hi-C & Hawaiian Punch, have 120 calories and 7 teaspoons of added sugar.**

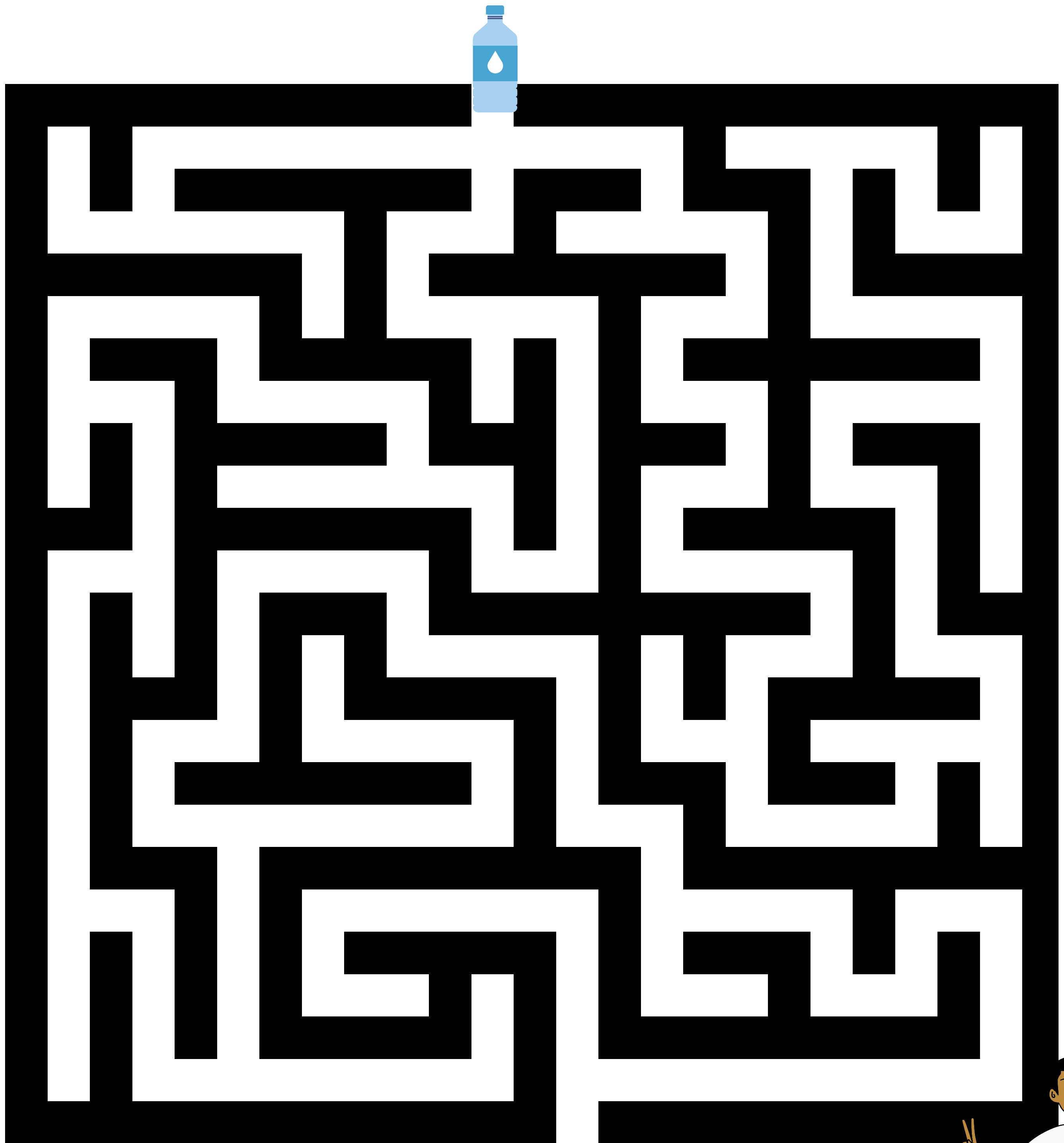
## Alternative Options

**Not feeling water? Try 100% fruit juice or a glass of milk! It provides vitamins and minerals to keep you healthy.**

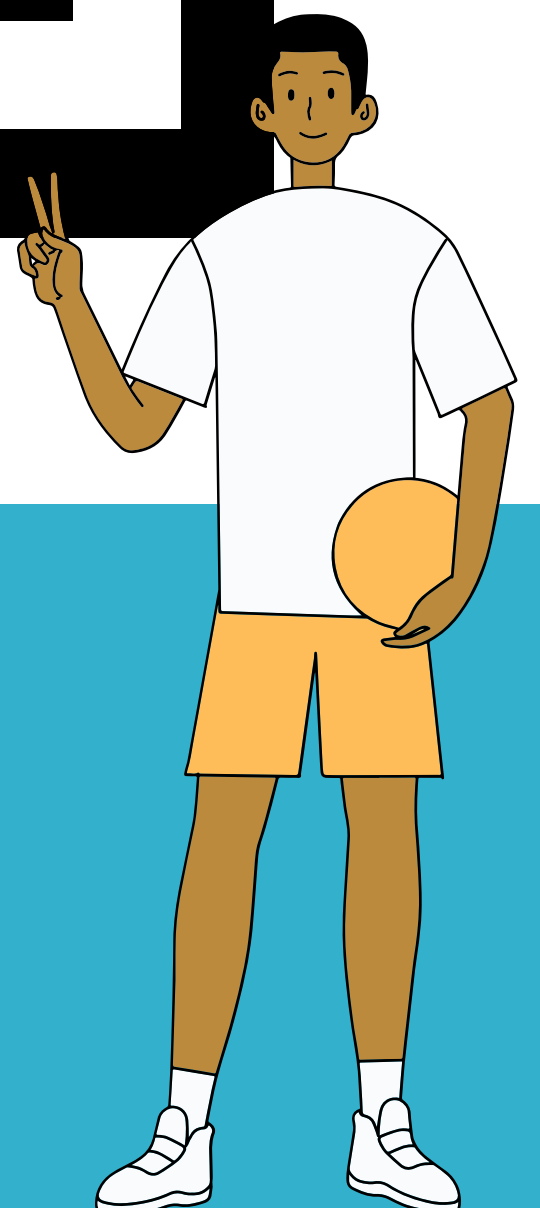


**Water has 0 calories and no sugar. Add fruit or a splash of 100% fruit juice to flavor your water. You can even try carbonated water!**

# Maze



**Drew has had an active day and  
needs water! Help him find his  
way to the water bottle!**



# Word Search

P	J	M	S	C	C	W	O	N	N
R	G	K	M	H	A	A	G	U	W
O	P	W	H	A	L	N	B	T	V
T	D	H	M	B	C	N	O	R	I
E	S	R	I	R	I	N	N	I	T
I	T	Z	I	A	U	E	E	E	A
N	R	W	X	N	M	F	S	N	M
K	O	H	V	C	K	A	C	T	I
P	N	D	V	O	L	R	O	S	N
R	G	R	C	W	I	M	Q	P	D



Instead of soda,  
choose milk for  
vitamins and  
protein!

## Words

Protein  
Cow  
Farm  
Drink

Vitamin D  
Calcium  
Nutrients

Bones  
Strong



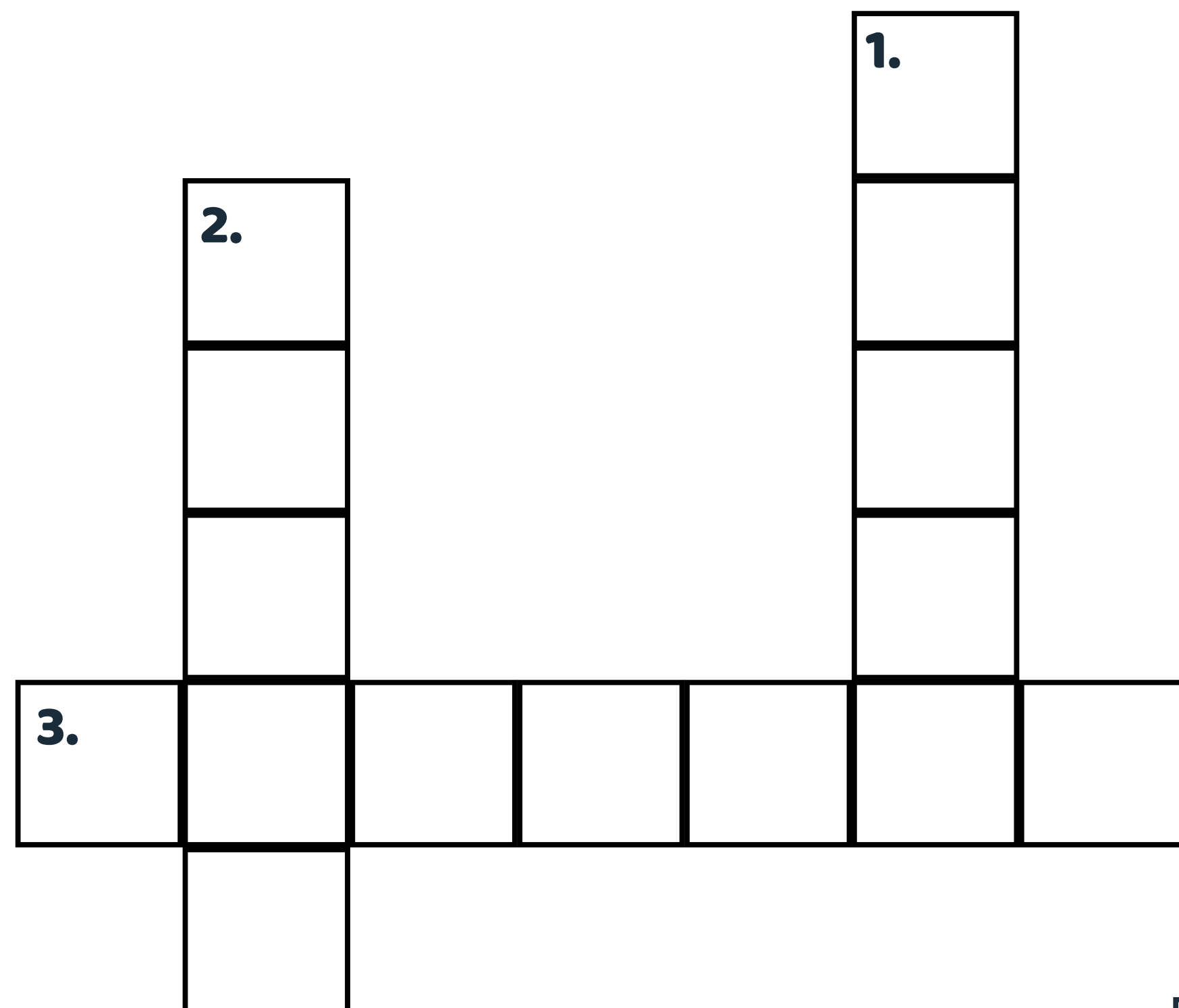
# Test Your Knowledge

## True or False?

- \_\_\_\_\_ Fruit juice has no sugar.
- \_\_\_\_\_ Water can help stop muscle cramps.
- \_\_\_\_\_ One can of soda has more sugar than you need in a day.
- \_\_\_\_\_ You don't need to drink water after exercise.
- \_\_\_\_\_ It would take 52 minutes of walking to burn off a 20 oz bottle of soda.



# Crossword



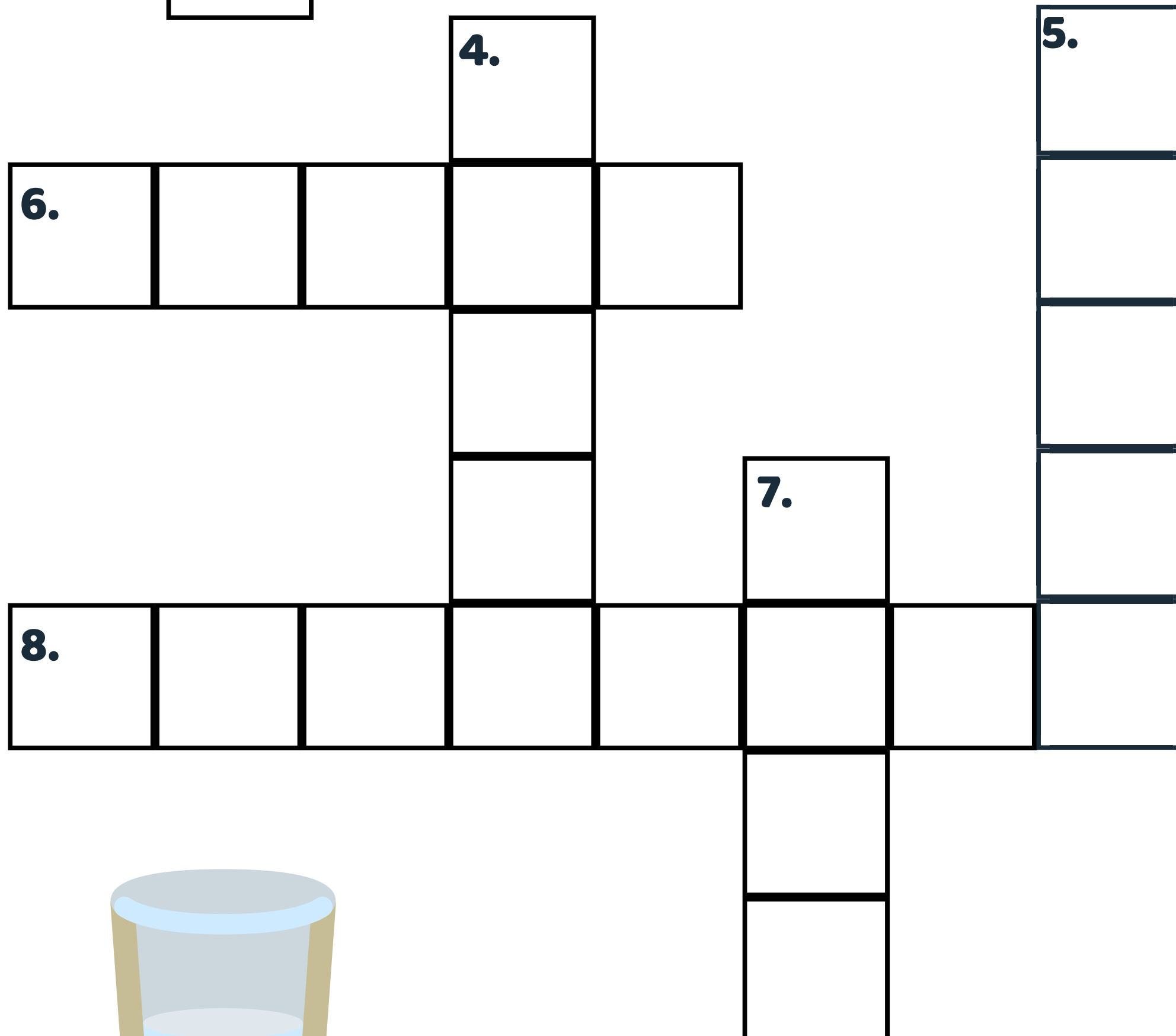
## Across

3. The feeling you get when you need water.

6. Sports drinks and soda contain a lot of added

\_\_\_\_\_.

8. You need more water after you \_\_\_\_\_.



## Down

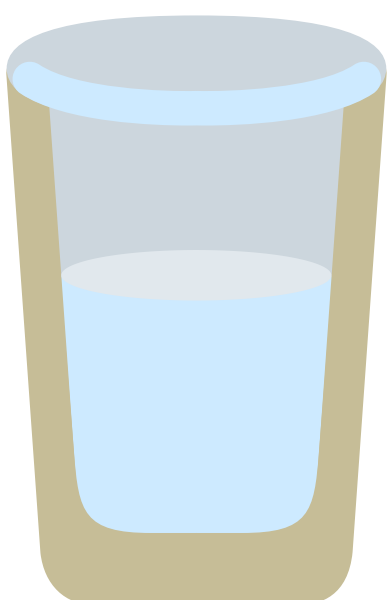
1. Add this to water for extra flavor (strawberries, kiwi, lemon, etc.)

2. This is how many glasses of water you should aim for in a day.

4. Drink this most times when you feel thirsty.

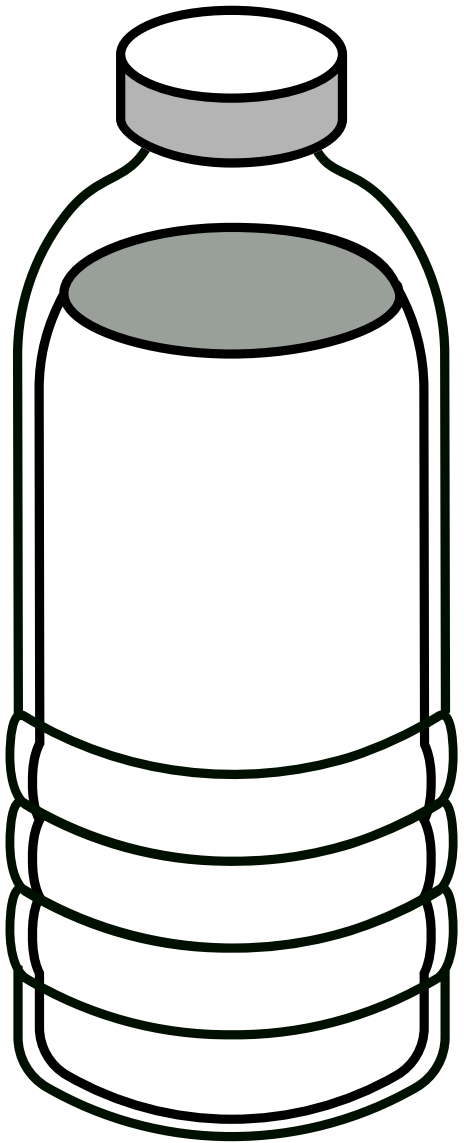
5. Look for "100% Fruit\_\_\_\_\_" when picking this drink.

7. This beverage is made from cows and a good source of calcium and vitamin D.

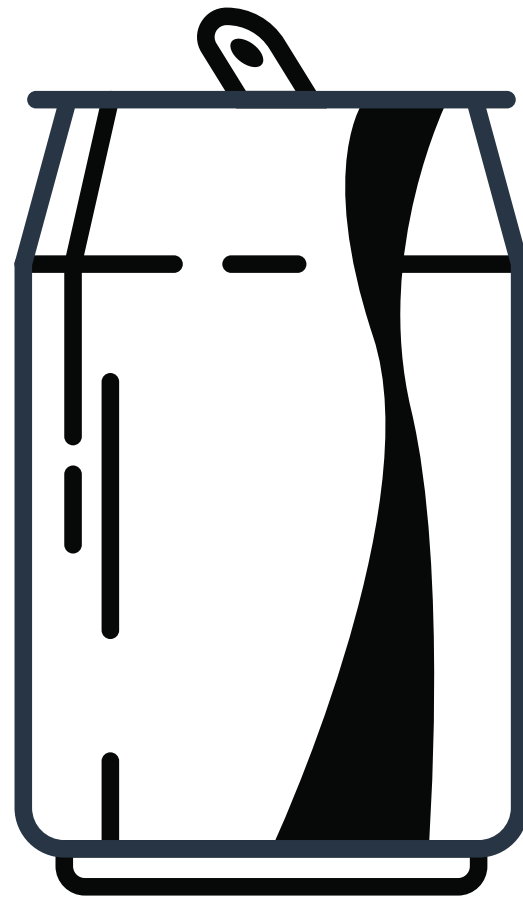


# Healthy Drinks are Good for your Teeth!

**Draw a line from the tooth to any drink  
that's healthy for your teeth! Color in  
the drinks when you are done!**



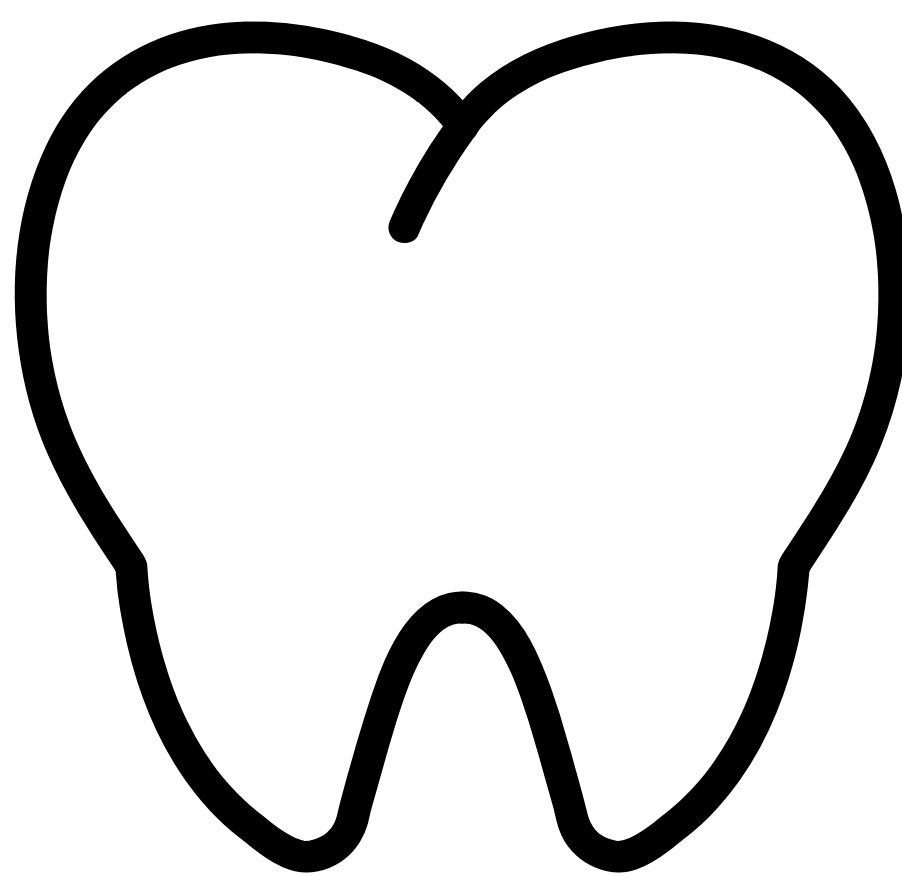
**Sports drink**



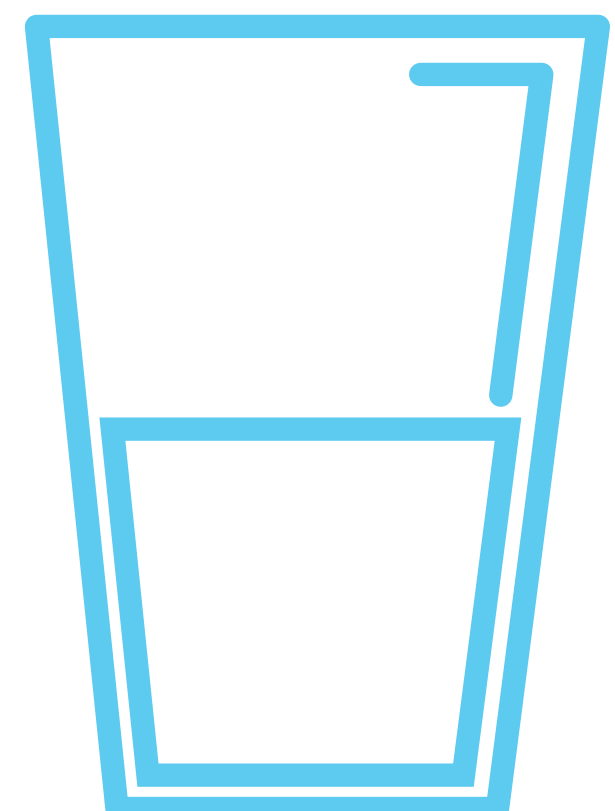
**Pop or Soda**



**Milk**



**100% Fruit Juice**

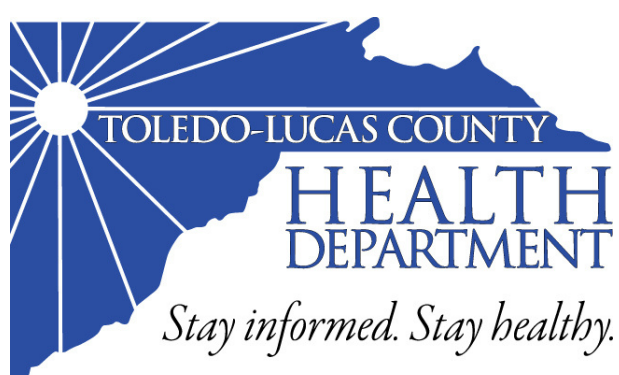


**Water**

# Answer Key



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P	J	M	S	C	C	W	O	N	N
R	G	K	M	H	A	A	G	U	W
O	P	W	H	A	L	N	B	T	V
T	D	H	M	B	C	N	O	R	
E	S	R	I	R		N	N		T
	T	Z	I	A	U	E	E	E	A
N	R	W	X	N	M	F	S	N	M
K	O	H	V	C	K	A	C	T	
P	N	D	V	O	L	R	O	S	N
R	G	R	C	W	I	M	Q	P	D

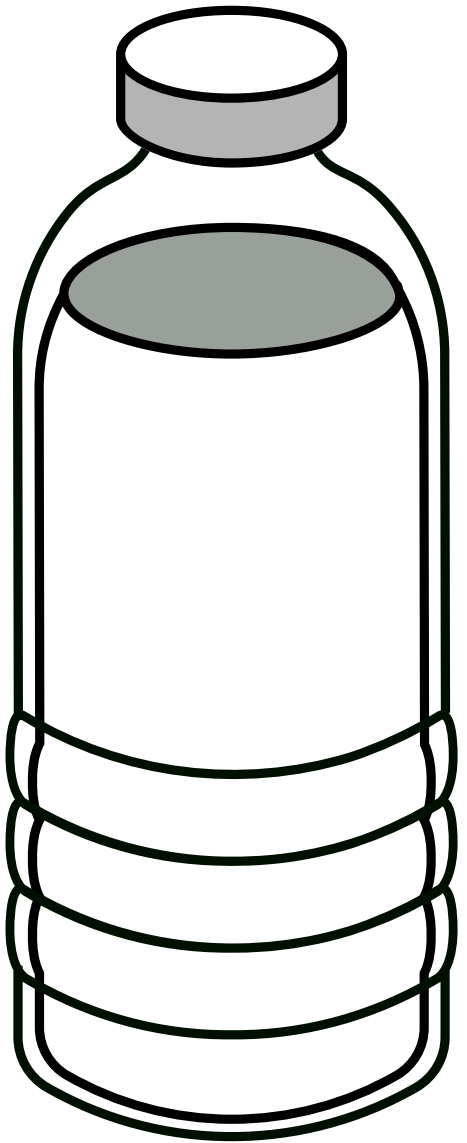


## True & False

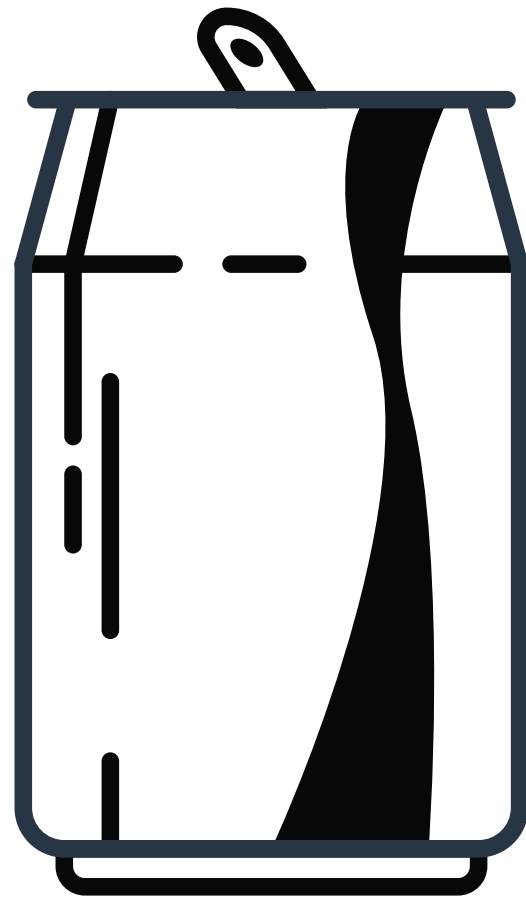
1. False
2. True
3. True
4. False
5. True

# Healthy Drinks are Good for your Teeth!

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the drinks when you are done!**



**Sports drink**



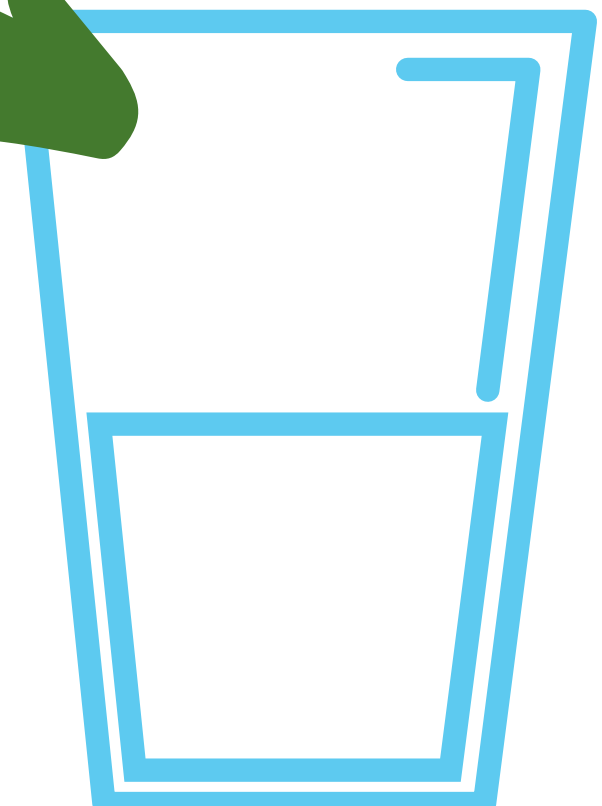
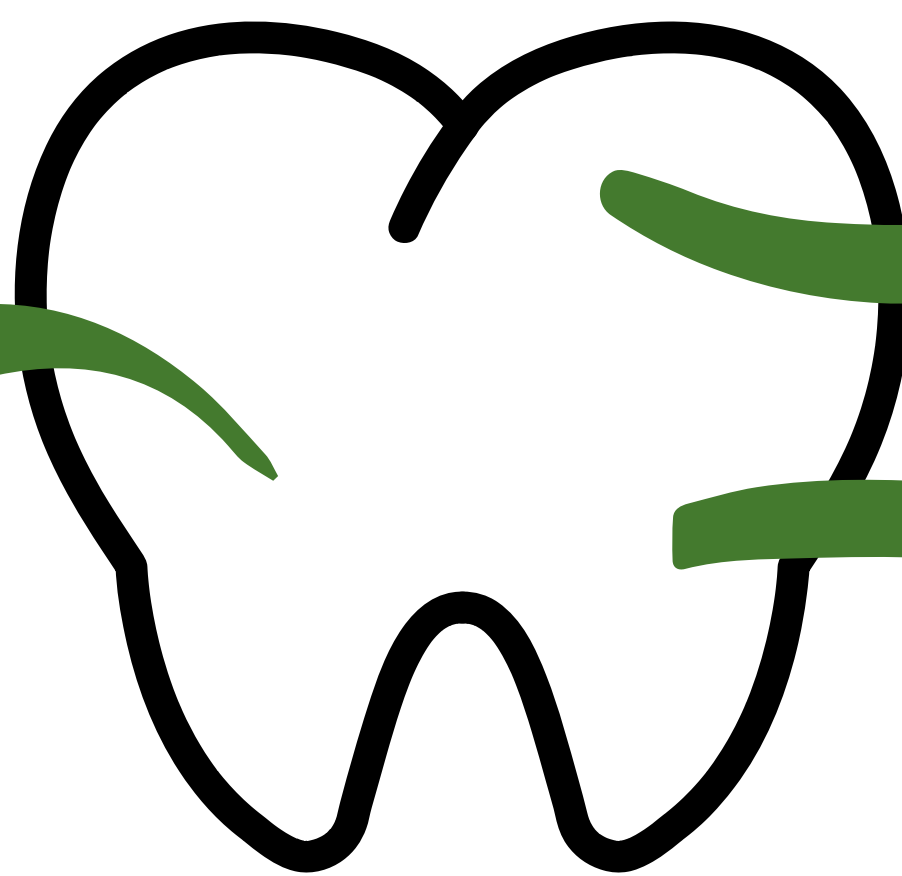
**Pop or Soda**



**Milk**



**100% Fruit Juice**



**Water**

# Crossword



## Across

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6. Sports drinks and soda contain a lot of added

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## Down

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2. This is how many glasses of water you should aim for in a day.

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5. Look for "100% Fruit \_\_\_\_\_" when picking this drink.

7. This beverage is made from cows and a good source of calcium and vitamin D.

