

Rethink Your Drink

Objective:

Teach students about the amount of sugar in common drinks.

Materials Needed:

 **Rethink Your Drink** video found at DeltaDentalMN.org/SmilesAtSchool

 **Page 5 from Smiles@School booklet**
provided in Delta Dental backpacks or downloaded from DeltaDentalMN.org/SmilesAtSchool

Pre-Activity Discussion:

1. Begin the lesson by asking students to share their favorite drinks. Write their responses on the board.
2. Explain that some drinks contain added sugar and can be harmful to our teeth. Ask students to identify which drinks on the board have added sugar in them.
4. Play the **Rethink Your Drink** video from the Smiles@School website: www.DeltaDentalMN.org/SmilesAtSchool

Post-Activity Discussion:

1. Ask the students if they were surprised to see the amount of sugar in any of the drinks in the video. Why were they surprised, i.e. sports drinks and juice seem “healthy”? Reiterate that while sugary drinks taste good, the sugar in them can hurt our teeth. Tap water is the best drink for our bodies and our teeth.

