

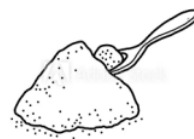


When you get thirsty, what do you grab to drink?

Soda? Milk? Water? Juice Box? Orange juice? Some things make great thirst quenchers and other drinks don't! Let's look at some facts and then you can make an educated choice on what you want to drink.

Added Sugar

Many beverages contain added sugar that you won't know about unless you read the label. When you look at the labels for soda, iced tea, sports drinks, or fruit drinks, you will notice that there is added sugar. Sugar on the label may be called corn syrup, high-fructose corn syrup, sucrose, or glucose. These are all other names for sugar. Too much sugar can lead to weight gain and contribute to cavities in your teeth.



What's in a soda?

Not much that is good for you! Soda has no nutrients! A 12 ounce can has 150 calories. Soda is made of sugar, chemicals, artificial flavoring, and artificial coloring. Soda doesn't help you grow a healthy body. Soda and other sugary drinks can cause weight gain by providing calories with no nutritional value.

Water and You

Every living thing needs water, especially you. Two-thirds of your body weight is water. That's a lot of H₂O! Like a car cannot run without gas, your body cannot work without water. Water forms part of the fluids around your joints and helps your knees and elbows bend. So, whether you are working hard or playing hard, make sure you are getting enough water to drink every day. Remember, when you start to feel thirsty, that means your body is already low on water. Drink up!



Dairy-Delicious!

Milk is another healthy alternative to soda and other sugary beverages. Milk provides protein and calcium for strong bones and teeth. Low fat chocolate and strawberry milk are healthy choices, too!

The Real Thing

Another healthy drink would be **real** fruit juice - not fruit drinks with added sugar. Real fruit juice will be marked **100% fruit juice**. You do have to watch how much real fruit juice you drink because of the calories in each glassful – they can add up quickly!



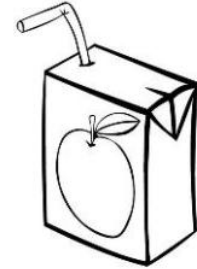
The next time you get thirsty, what will you grab to drink?

How Well Did You Read?

1. What is the author's purpose in writing this article?
 1. to inform
 2. to persuade
 3. to entertain



4. Which type of drink should you avoid?
 - milk
 - soda
 - water
 - 100% fruit juice

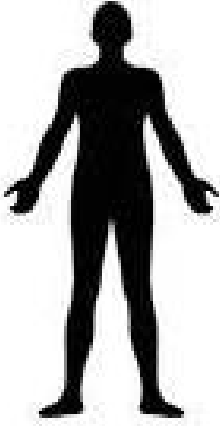


5. Which drinks are the best choices when you are thirsty?
 - soda
 - water
 - milk
 - real fruit juice

6. Which drink contains calcium that builds strong bones and teeth?
 - soda
 - water
 - milk

7. Why is it important to read nutrition labels?

8. What did you learn from reading this article that will help you make wiser drink choices?



Life is not possible without water. Water is in every living thing. Our body is nearly 65 % water. Water is in every cell and between every cell.

Our blood, sweat, and tears are mostly made up of water. We could live for weeks without food but only for about 3-7 days without water.



How Much of You is Water?

1. Weigh yourself.	<i>I weigh _____ pounds.</i>
2. Divide that number by 3.	<i>_____ ÷ 3 = _____</i>
3. Multiply that number by 2 The answer is the number of pounds of water in your body.	<i>_____ × 2 = _____</i>
4. Divide the pounds of water in your body by 8. This is the number of gallons of water in your body.	<i>_____ ÷ 8 = _____</i>

Water Trivia

- The overall amount of water on our planet has remained the same for two billion years.
- An acre of corn (about a football field) will give off 4,000 gallons of water per day in evaporation.
- Human brains are 75% water.
- Human bones are 25% water.
- Human blood is 83% water.
- 80% of a pineapple is water.
- 95% of a tomato is water.



Joke Time

1. What runs but never walks?
2. What gives milk and has a horn?



Joke Answer:

1. Water
2. A milk truck

Did You Know...?

Milk provides your body with calcium, which is needed for healthy bones and teeth. Calcium helps our muscles and nerves work properly. Calcium also helps our blood to clot. Milk products also provide us with carbohydrates, protein, and Vitamin D. You should try and have three servings of nonfat or low-fat milk and milk products each day. One serving of dairy is equal to one cup of milk, yogurt, or ice cream, and one to two ounces of cheese.



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