



Mission: Hydration

To raise awareness of the sugar contained in many drinks, and encourage pupils to choose water to drink.



Tools required:

A table, a variety of empty drinks bottles/cans including an empty water bottle, teaspoons and a bag of sugar, transparent (see through) containers to measure sugar into.



Special Agent Action:

Place each bottle/can on the table, label each drink with the amount of teaspoons of sugar it contains (see back of card for information). Invite pupils to measure out the number of teaspoons of sugar in each drink to see the amount it contains.



Making the activity easier or harder:

Easier by swapping the labels on the bottles/cans and invite pupils to move them to correct drink. Harder by removing the labels and ask pupils to guess the number of teaspoons of sugar contained in each drink.



Questioning:

Ask pupils "What does sugar do to teeth?" It rots teeth and creates cavities that will need fillings. "What can sugar do to the body?" It can be stored as fat and lead to a condition called diabetes. "Which is the healthiest drink on show and why?" Water - no sugar!



Undercover:

Create a display for use in school showing the different drinks and the sugar they contain for all pupils and families to see. Remember to include water and show it contains no sugar.



Support Team Members:

Write a piece for the school newsletter/website on sugar in schools and/or the benefits of drinking water. Organise fun activities for pupils to take part in (see Mission: Movement activity card).





**Lucozade energy Pink
(500ml)**

has the equivalent of
17 teaspoons of sugar



**Monster Energy
(500ml)**

has the equivalent of
14 teaspoons of sugar



**Juicy Water
(420ml)**

has the equivalent of
9 teaspoons of sugar



**Coca-Cola
(330ml)**

has the equivalent of
9 teaspoons of sugar



**Ribena Blackcurrant
(288ml)**

has the equivalent of
7 teaspoons of sugar



**Orange & Peach Fruit
Shoot
(330ml)**

has the equivalent of
6 teaspoons of sugar



**Capri Sun Pouch
(200ml)**

has the equivalent of
5 teaspoons of sugar



**Friji
Banana Milkshake
(471ml)**

has the equivalent of
10 teaspoons of sugar