

Fill the menu
>60%

Select carefully
<40%

Off the menu

Drinks @ school

Teacher fact sheet

The human body is made up of 50-75% water. The body constantly loses water through the skin and lungs, especially in hot weather or when we are physically active. It is important to regularly consume fluids to help replace these losses and to stay hydrated. Water is the best choice.

Australian Dietary Guidelines recommend drinking plenty of water and limiting the intake of drinks containing added sugar. For example, sugary drinks, soft drinks, cordial, fruit drink (25% juice), vitamin waters, energy drinks and sports drinks.

There are so many different types of drinks available and they are sold everywhere e.g. supermarket, petrol station, vending machines, sports club and of course school.

47%
of children
consume sugary
drinks each day

Making a healthy choice can be easy, when you know what's in the drink

TAP into water



- Contains no energy (kilojoules)
- Is often free and readily accessible
- The best fluid for hydration
- Tap water also contains fluoride which develops strong teeth



Milk = healthy choice

- Reduced fat milk contains around 90% water making it a good choice for hydration
- Milk contains calcium, protein and other essential nutrients to build strong bones
- Drinking reduced fat milk can also help achieve the 2½ – 4 recommended serves of dairy per day

Juice = select carefully

- Small portions (250mL or less) of 99% fruit juice provides some vitamins and minerals
- Although it is not added sugar, juice still contains sugar and can contribute to excess energy intake

Sugary drinks e.g. soft drinks/energy drinks/sports drinks (sugary drinks) = Limit

- Contain large amounts of added sugar/energy and/or sodium (salt)
- Contains no nutritional value
- Drinking too many sugary drinks can contribute to tooth decay and excess body weight
- Other drinks containing added sugar, artificial sweeteners and have limited nutritional value include iced tea, kombucha, flavoured waters and vitamin waters.



Department of **Health**
Department of **Education**



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Be a role model

Teachers are well placed to be role models in the classroom, around the school grounds at lunch time and special events, such as sports carnivals.

Tips:

- Use a refillable water bottle whenever possible
- Encourage Green drinks in lunchboxes and from the canteen
- Avoid consuming sugary drinks at school
- When planning a class party, request only Green and Amber items be included.



Healthy Food and Drink policy - traffic light system



Green - everyday choices

- Plain water
- Plain mineral water (sparkling)
- Plain reduced fat milk, small and large serves
- Flavoured reduced fat milk (375mL or less)



Amber - select carefully

- Plain full fat milk
- Flavoured full fat milk (375mL or less)
- Flavoured reduced fat milk (375mL - 600mL)
- 99% juice, no added sugar (250mL or less)



Red - off the menu

- Sugary drinks e.g. soft drinks, including artificial sweetened
- Energy drinks and sports drinks
- Flavoured water
- Flavoured milks (>600mL)
- Fruit juice (>250mL) and/or with added sugar

Classroom activities

1. **Compare the pair:** ask student to compare the ingredient list and nutrition information panel of two drinks; identify the healthy and unhealthy elements
2. **Research the environmental impact** of drinks bottled in plastic
3. **Discuss seasonal fruit** and make fruit smoothies with reduced fat milk, yogurt and fresh fruit