

PowerUp School Challenge Teacher tips- Week 3

Sugary drinks like soda, sports and fruit drinks power you DOWN...not UP! This week focus on this messages: **Skip the sugary drinks and find REAL fruit instead.**

Keep the Challenge going in your classroom:

- Collect and turn in the completed trackers from week two. Give out prizes and celebrate!
- Keep tracking every day.
- Send home the PowerUp family message – Week 3.
- Remind students to use the At-home Tracker over the weekend and bring the sheets back to school.



Add fun with these classroom activities:

- Talk about how REAL fruits and veggies get you powered up. Read labels of drinks to find 100 percent fruit juice verses fruit drinks, fruit snacks and other foods that aren't REAL fruit. Invite kids to bring in labels with the word "fruit" on them.
- Give extra credit for choosing milk or water and zero sugary drinks for the week.
- Have students measure the teaspoons of sugar found in common sweetened beverages. Every 4 grams of added sugar equals 1 teaspoon of sugar.
- Invite a coach or student athlete to talk about drinking water instead of sports drinks.
- Use PowerUp activity sheets:
 - Zero sugary drinks/Sugar Detective powerup4kids.org/sugardetective
 - Fun island powerup4kids.org/Fun-Island
 - Super berry power powerup4kids.org/superberry
- Take a daily PowerUp Dance Break with Radio Disney! (one DVD provided for each classroom)

