

Lesson Three

Sugary Drinks, Lessons Review, and Celebration

<p>Objectives</p>	<p>By the end of this lesson, participants will be able to:</p> <ul style="list-style-type: none"> • Describe the <i>Rethink Your Drink</i> Campaign • Understand the link between sugary drinks and obesity and type 2 diabetes • Identify types of sugary drinks • Calculate the amount of sugar in beverages • Identify alternative drinks with less sugar or no added sugar
<p>Time</p>	<p>2 hours</p>
<p>Materials Needed</p> <p>*Facilitators may choose between the following two options for the sugary drinks activity:</p> <p>Option 1: Use the “Drink Label Cards” by <i>Network for a Healthy California</i></p> <p>Or</p> <p>Option 2: Use assortment of beverages</p>	<ul style="list-style-type: none"> • Name tags • Colored markers and/or crayons • Pens and/or pencils • Flip chart paper • Blue painter’s tape • Option 1: Drink Label Cards • Option 2: Assortment of Beverages (e.g. soda, sports drink, energy drink, culturally-relevant sugary drinks, etc.) • One 20 oz. soda bottle • One 20 oz. soda bottle (same as above) emptied, dried, and then filled with total number of teaspoons of sugar [Be sure to use the formula: Grams of Sugar ÷ 4 = Teaspoons of Sugar x Total Servings.] • Plastic baggies or small clear cups • Sugar • Measuring teaspoon • Water jug or dispenser • Fruit and/or vegetables for water such as oranges, lemons, limes, cucumber, cantaloupe, or watermelon • Water • Cups • Ice • Post-its • Large envelope for documents • Calculators (optional) • Boom box and CDs (optional) • Recipe and items for food demonstration (optional) <p>Note: Provide a copy of the Data Sheet to participants who are new to the class.</p>

Sugary Drinks, Lessons Review, and Celebration

Trainer Materials:

- Sign-in Sheet
- Homework Sheet (Lessons One and Two)
- Nutrition Facts Label Sheet
- If doing option 1: Drink Label Cards
- Calculate Sugar Content Worksheet
- Dance for Fun and Fitness Handout
- Entire Course Evaluation (optional)
- Post Survey (optional)
- Certificates

Participant Handouts:

Make copies of the following:

- Nutrition Facts Label Sheet
- If doing option 1: Drink Label Cards
- Calculate Sugar Content Worksheet
- Dance for Fun and Fitness Handout
- Entire Course Evaluation (optional)
- Post Survey (optional)
- Certificates

Before the Training

Purchase the following items:

- If using Option 2: beverages (e.g. soda, sports drink, energy drink, culturally-relevant sugary drinks, etc.), please remove the labels from the beverages; if possible, add a generic label describing the beverage using terms such as soda, sports drink, energy drink, etc.
- Two 20 oz. soda bottles
- Plastic baggies or small clear cups
- Sugar (1lb)
- Measuring teaspoon
- Water jug or dispenser
- Fruit and/or vegetables for water such as oranges, lemons, limes, cucumber, cantaloupe, or watermelon
- Water
- Cups
- Ice

Prepare the following for the Calculating Sugar Content Activity:

- Empty one of the 20 oz. soda bottles and fill with the amount of sugar calculated using the formula: $\text{Grams of Sugar} \div 4 = \text{Teaspoons of Sugar} \times \text{Total Servings}$.

Sugary Drinks, Lessons Review, and Celebration

	<p>Prepare water with fruit and/or vegetables and ice (“spa water”).</p> <p>Make copies of the trainer materials and participant handouts.</p> <p>Prepare the following flip chart paper:</p> <ul style="list-style-type: none"> • Agenda • Head, Heart, and Feet
<p>Day of Training</p>	<p>Set out the sign-in sheet and a pen.</p> <p>Post flip chart papers to the wall.</p> <p>Attach Group Agreements to the wall.</p> <p>Prepare water with fruit and/or vegetables you selected. Do NOT add sugar.</p> <p>Place cups on table.</p> <p>Have music playing as participants arrive (optional).</p>
<p>Agenda</p>	<ol style="list-style-type: none"> 1. Welcome Back, Recap, and Homework Discussion (10 minutes) 2. Rethink Your Drink Campaign (5 minutes) 3. Sugary Drinks Overview (10 minutes) 4. Nutrition Label Reading & Sugar Activity (30 minutes) 5. Physical Activity Break (5 minutes) 6. Do You Remember? (20 minutes) 7. Reflection (15 minutes) 8. Evaluations, Post Survey, and Certificates (25 minutes)
<p>1. Welcome Back Recap, and Homework Discussion 10 minutes</p> <p>Materials:</p> <ul style="list-style-type: none"> • Homework Sheet (Lessons One and Two) 	<p>Thank you all for returning. Your participation is important.</p> <p>You will notice that our Group Agreements are attached to the wall to remind us.</p> <p>Let’s begin.</p> <p>Please turn to a partner and share with that person any successes and/or challenges you had with completing your homework activities. [Allow a few minutes for sharing.]</p> <p>Would anyone like to share your experience aloud with the group? [Allow time for participants to share.]</p>

Sugary Drinks, Lessons Review, and Celebration

Thank you all for sharing and congratulations for the items you accomplished.

Today's topic is sugary drinks. You will learn about:

- A new campaign in California known as the *Rethink Your Drink* Campaign
- The link between sugary drinks and obesity and type 2 diabetes
- Various types of sugary drinks
- Calculating the amount of sugar in beverages
- Identifying healthy alternative beverages you and your family can drink

2. *Rethink Your Drink*

5 minutes

What is the *Rethink Your Drink* Campaign?

Who here can share with the group if they have heard about the *Rethink Your Drink* Campaign and what they know about it?

[Wait for responses.]

The *Rethink Your Drink* Campaign:

- Educates Californians about healthy drink options
- Helps Californians recognize the amount of added sugar and calories in sugary drinks
- Communicates the link to health risks

Why? Extra calories from added sugar—like those in sugary drinks—can and do contribute significantly to overweight and obesity. In fact, sugary drinks are the largest contributor of added sugar in the diet.¹

In California, 62% of teens, 41% of children and 24% of adults drink one or more sodas per day.²

And, adults who drink one or more sugary drinks a day are 27% more likely to be overweight than adults who do not drink sugary drinks.^{3,4}

Plus, strong evidence shows that children and adolescents who consume more sugary drinks have higher body weight compared to those who drink less.⁵

3. Sugary Drinks Overview

10 minutes

What Are Sugary Drinks?

Who can give me an example of a sugary drink? **[Wait for responses.]**

Sugary Drinks, Lessons Review, and Celebration

[If a participant mentions a specific branded product, affirm their participation, and say the following: “Thank you for participating, that particular brand that you mentioned is a type of sugary drink called _____, can anyone else think of another category of drinks that has added sugar?”]

Are there any others?

Other examples include:

- Sodas/Soft drinks/Soda pop
- Sweetened teas
- Sports drinks
- Energy drinks
- Juice drinks
- Vitamin-added waters
- Sweetened coffee drinks
- Flavored milk (e.g., chocolate, strawberry, vanilla)

How many of you thought all of these were considered sugary drinks? **[Wait for responses.]**

It is quite amazing that there are a number of different types of sugary drinks!

It is important to address sugary drinks because:

- As mentioned, there’s a link between sugary drinks, overweight and obesity and type 2 diabetes.
- Many sugary beverages offer calories, but provide few nutritional benefits.
- Drinking sugary drinks nearly doubles the risk of dental cavities in children.⁶
- Each year, the average California adolescent consumes the equivalent of 39 pounds of sugar from sugary drinks.⁷
- Sugary drinks are the single largest food category contributing added sugar in the American diet.⁸

Now we know what sugary drinks are, how they affect our health, and that too many sugary drinks are consumed. But how do we know how much sugar is in our drinks?

In this next section, we are going to discuss how much sugar is in some of the most popular drinks by reading their nutrition label and calculating the amount of sugar they actually have.

Sugary Drinks, Lessons Review, and Celebration

4. Nutrition Label Reading & Sugar Activity

30 minutes

Materials:

- 20 ounce soda bottle with soda
- 20 ounce soda bottle filled with total teaspoons of sugar
- Nutrition Facts Label Sheet
- Calculate Sugar Content Worksheet
- Option 1: Drink Card Labels or Option 2: Assortment of beverages (e.g., soda, sports drink, energy drink, culturally-relevant sugary drink, flavored milk)
- Sugar
- Measuring teaspoon
- Plastic baggies or small clear cups
- Pens and/or pencils
- Calculator(s) (optional)

How many teaspoons of sugar do you think is in a typical 20 ounce bottle of soda? **[Show 20 ounce bottle with soda.]**

[Wait for responses. After participants guess, show them the empty soda bottle filled with sugar.]

A typical 20 ounce bottle of soda can have as much as 17 teaspoons of sugar, or even more.

This bottle has **[# of teaspoons of sugar]** **[Pass soda bottle with sugar around to participants.]**

I'd like to show you how you can find out how much sugar is in a beverage by learning how to read a nutrition label.

Please get into small groups.

[Provide each group a Nutrition Facts Label Sheet.]

Please refer to the Nutrition Facts Label Sheet.

Nutrition Facts

Serving Size 20 fl. oz. (591 mL)
Servings Per Container 1

Amount Per Serving

Calories 250

	% Daily Value*
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	0%
Total Carbohydrate 68g	
Sugars 68g	
Protein 0g	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

Sugary Drinks, Lessons Review, and Celebration

Can someone tell the class, what is the serving size listed in the Nutrition Facts Label? **[Wait for responses.]**

This label lists 20 fluid ounces as the serving size.

Can someone tell the class, how many servings per container are listed in the Nutrition Facts Label? **[Wait for responses.]**

This label lists one serving.

How much sugar is listed? **[Wait for responses.]**

There are 68 grams of sugar listed in this label. Let's see how many teaspoons that actually is.

Simply divide the grams of sugar by 4 to get the total teaspoons of sugar.

Grams of Sugar ÷ 4 = Teaspoons of Sugar

This example has 68 grams of sugar. So, we divide 68 by 4 and get a little more than 17 teaspoons of sugar.

68 grams ÷ 4 = 17 teaspoons

If the bottle has more than one serving, multiply the number of teaspoons by the number of servings to get the total teaspoons of sugar.

For example, 17 teaspoons x 2 servings = 34 teaspoons in total.

We just learned how to calculate how many teaspoons of sugar is in a beverage. Now let's briefly talk about the different types of sugar.

Sugar comes in many forms. Though not distinguished on the Nutrition Facts label, many drinks contain two types of sugar: naturally occurring sugar and added sugar. Naturally occurring sugars are found in raw or basic foods and drinks (e.g. lactose in milk and fructose in fruit and fruit juice). Added sugars are found mainly in processed foods and drinks (e.g., high fructose corn syrup, cane sugar, raw sugar, molasses, etc.)

One way to know if there is sugar (added, natural, or both) is to read the ingredients list on the label.

Names for naturally occurring sugars include:

- Glucose (aka dextrose)
- Fructose
- Sucrose

Sugary Drinks, Lessons Review, and Celebration

- Maltose
- Lactose

Names for added sugars frequently found in the ingredients listing of common foods and beverages include:

- Barley Malt
- Brown sugar
- Cane juice
- Corn syrup
- High fructose corn syrup
- Honey
- Malt fructose
- Maltodextrin
- Maple syrup
- Molasses
- Raw Sugar
- Sucrose

Let's take a closer look at how much and the type of sugar that is in a few popular drinks.

[Provide each group with a Drink Card Label (option 1) or a sugary drink (option 2), the Calculating Sugar Content Worksheet, a pen and/or pencil, and a calculator (optional).]

As a group please answer the questions outlined in the Calculating Sugar Content Worksheet by listing the following:

- Beverage type
- Serving size
- Servings per container
- Grams of sugar
- Total teaspoons of sugar
- Type(s) of sugar

[While participants are doing the worksheet, place the bag of sugar, measuring teaspoon, and plastic baggies or small plastic 8 or 9 ounce cups on a table at the front of the class.]

Once your team has completed the Calculating Sugar Content Worksheet, please identify one team member to come up to show the class how much sugar is in your drink.

Sugary Drinks, Lessons Review, and Celebration

[Have a participant from each group share the information on their sheet as well as measure out the number of teaspoons of sugar into the plastic baggie or small plastic 8 or 9 ounce cup provided.]

Please share with the class the information you listed on your worksheet.

Let's help **[name of participant]** count out loud the number of teaspoons in his/her drink.

Was anyone surprised by the amount of sugar in any of the beverages?

Did it seem like there was a lot of sugar in some of the beverages? Would you eat that amount of sugar or put that much into your coffee each day?

You may be wondering about juice:

- 100% fruit juices have a lot of natural sugar. It is recommended that we limit our juice intake to 4-6 ounces for children, and up to 8 ounces (or 1 cup) for adults. It is better to eat whole fruits and vegetables, like an actual apple or orange. Water is your best alternative.

[If you get questions about diet drinks, we suggest the following response: In regards to assisting with weight loss, evidence about diet sodas is mixed. The best alternative is a glass of water. Cool and refreshing water is: sugar-free, calorie-free, and cost-free. If you're wanting a carbonated beverage, try seltzer water instead.]

Reducing the number of sugary drinks may lead to weight loss and better health. Plus, if you are not buying these drinks, it can help you save money.

You may ask: what can I drink?

Try these...

- Plain water or with added fruit, like we have available today
- Unsweetened tea
- Unsweetened coffee
- Fat-free or low-fat (1%) unflavored milk

Again, the best alternative is water. It is sugar and calorie free.

Sugary Drinks, Lessons Review, and Celebration

5. Physical Activity Break

5 minutes

Materials:

- Dance for Fun and Fitness Handout
- “Spa water” (jug filled with water, fruit and ice)
- Plastic baggie or small clear cup
- Boom box with CD (optional)

Now it’s time to get physical. Let’s have everyone stand up and move into a large circle.

You may recall that for our first physical activity break we focused on stretching. Last week we did exercising while shopping. For our final physical activity break, we will do a little cardio – to get our hearts pumping.

[Refer to Dance for Fun and Fitness Handout Dance Movements 1. Demonstrate the steps and then have participants join in. Provide a copy of it to each participant after the physical activity break.]

It is important that we each drink enough water throughout the day, especially after a workout.

Today we have refreshing water with added fruit, spa water. You can add other fruits you like. You can even add herbs, like mint. But be sure not to add any sugar.

6. Do You Remember?

20 minutes

Materials:

- Flip chart paper
- Marker

The next item on the agenda is the Do You Remember? Activity. We will cover all of the topics that were discussed in our lessons, including today’s by playing a fun game.

Let’s divide the class into two groups.

I will read a question. The first person to stand up will have the chance to answer the question for his/her team.

Each question is worth 10 points.

[Keep track of points each team earns. Play the activity until all questions have been asked and answered.]

1. What is the new name of the food stamp program here in California? **CalFresh**
2. True or False: The envelope method is one way a person could manage his or her food money. **True**
3. How many teaspoons of sugar are in a typical 20 ounce soda? **17 teaspoons of sugar**
4. How do you calculate the number of teaspoons in a beverage?
Grams of Sugar ÷ 4 = Teaspoons of Sugar (x total servings)
5. When is a good time of the year to buy fresh fruits and vegetables? **In season**

Sugary Drinks, Lessons Review, and Celebration

6. True or false: Eating fruits and vegetables can help adults lower the risk for stroke, heart disease, and high blood pressure. **True**
7. True or False: I will be reported to immigration authorities if I apply for CalFresh. **False**
8. Name one health benefit of being physically active:
 - **Lowers your risk of type 2 diabetes, high blood pressure, heart disease, stroke, and certain types of cancer**
 - **Helps build and keep healthy bones, muscles, and joints**
 - **Helps you get to and keep a healthy body weight**
 - **Lowers stress and helps you relax**
 - **Gives you more energy**
 - **Makes you look and feel great!**
9. True or False. One has to be fingerprinted when applying for CalFresh in California. **False**
10. True or False: Adults and children who drink one or more sugary drinks a day are more likely to be overweight or obese. **True**
11. How many minutes of physical activity do we need every day to take care of our health and reduce the risk of chronic diseases?
30 minutes
12. Complete this sentence: "Make half your plate _____."
Fruits and Vegetables
13. True or False: I cannot get CalFresh because I have job. **False**
14. Name one health benefit of eating fruits and vegetables.
 - **Control your weight**
 - **Lower your risk of stroke, heart disease, and high blood pressure**
 - **Reduce your risk of type 2 diabetes and some types of cancer**
15. Instead of a sugary drink, name another beverage you can drink.
 - **Plain water or with added fruit**
 - **Unsweetened tea**
 - **Unsweetened coffee**
 - **Fat-free or low-fat (1%) unflavored milk**

Thank you all for participating. It is the hope that this was a fun way to review the information that we have covered during our time together.

Sugary Drinks, Lessons Review, and Celebration

7. Reflection

15 minutes

Materials:

- Post-its
- Pens and/or pencils
- Flip chart paper with Head, Heart, Feet

[Pass out Post-its and pens and/or pencils to participants.]

This next section is about reflection. It is an opportunity for you to reflect on what you learned, what you felt, and what you will do after our time together.

For example:

- I **LEARNED** that it is recommended that I make half my plate fruits and vegetables.
- I **FEEL** that I can add more physical activity each day, especially while I shop at the grocery store.
- I am **GOING** to apply for CalFresh.

Write your thoughts onto the Post-its of what you learned, how you feel, and what you will plan to do.

[Refer to the flip chart paper with the Head, Heart, Feet drawing.]

This flip chart paper has an image of a person: a head, heart, and feet.

The Head represents what you **LEARNED**.

The Heart represents what you **FEEL**.

The Feet represent what you are **GOING** to do.

You are welcome to come up, post your comments to the flip chart paper, and share with the group what you wrote.

Alternative: Instead of writing their ideas on the Post-its, have participants share aloud with the group and capture what they said on the flip chart paper with the head, heart, and feet drawing.

Sugary Drinks, Lessons Review, and Celebration

8. Evaluations, Post Survey, and Certificates

25 minutes

Materials:

- Entire Course Evaluation
- Post Survey
- Large envelope for documents
- Certificates

[Pass out the Entire Course Evaluation and Post Survey.]

Here are two items for you to complete:

- The first is the Entire Course Evaluation. We want to know what you think about the entire program. Your feedback is important.
- The second item is the Post Survey. You may recall that we asked you to complete a survey at the beginning of our first lesson. We now ask you to take that same survey.

Please answer the questions as best and honestly as you can. Your answers are kept confidential. Your name will be used only to match the pre and post surveys and will remain confidential.

[Once all participants have turned in their Entire Course Evaluation and Post Survey, ask participants to come up to receive their Certificate.]

Thank you all for completing and turning in your forms.

As I read your name, I invite you to come to the front to receive your certificate.

Thank you all again for your participation in this project. Are there any other comments you would like to share? If not, again, thank you.

¹ Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *Journal of the American Dietetic Association* 2000; 100(1):43-51.

² Babey SH, Jones M, Yu H, Goldstein H. Bubbling Over: Soda consumption and its Link to Obesity in California. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2009.

³ Babey SH, Jones M, Yu H, Goldstein H. Bubbling Over: Soda Consumption and its Link to Obesity in California. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2009.

⁴ Ludwig DS, Peterson KE, Gortmaker SL. Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis. *Lancet* 2001; 357: 505-08.

⁵ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2010. Chapter 2, page 16.

⁶ Sohn W, Burt BA, Sowers MR. Carbonated Soft Drinks and Dental Caries in the Primary Dentition. *J Dent Res.* 2006; 85(3): 262-266.

⁷ Babey SH, Jones M, Yu H, Goldsetin H. Bubbling Over: Soda Consumption and its Link to Obesity in California. UCLA Center for Health Policy Research and California Center for Public Health Advocacy, 2009.

⁸ Guthrie JF, Morton JF. Food sources of added sweeteners in the diets of Americans. *Journal of the American Dietetic Association* 2000; 100(1): 43-51.

CalFresh Promotion Sign-in Sheet



Promotore: _____

Location: _____

Date: _____

NAME – PLEASE PRINT		SIGNATURE		PHONE NUMBER	
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Nutrition Facts Label Sheet

Nutrition Facts	
Serving Size 20 fl. oz. (591 mL)	
Servings Per Container 1 ← ←	
Amount Per Serving	
Calories 250	
% Daily Value*	
Total Fat 0g	0%
Cholesterol 0mg	0%
Sodium 55mg	0%
Total Carbohydrate 68g	
Sugars 68g ← ←	
Protein 0g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	

← serving size

← grams of sugar

Calculation

Grams of Sugar ÷ 4 = Teaspoons of Sugar
 68 Grams ÷ 4 = 17 Teaspoons

If the bottle has more than one serving, multiply the number of teaspoons by the number of servings to get the total teaspoons of sugar in the bottle.

For example: 17 teaspoons x 2 servings = 34 teaspoons in total

Sugar comes in many forms. Here are common words for sugar in the ingredients list:

- | | |
|--------------------------|----------------|
| Barley malt | Honey |
| Brown sugar | Malt fructose |
| Cane juice | Maltodextrin |
| Corn syrup | Maple sugar |
| Dextrose | Molasses |
| Fructose | Powdered sugar |
| Glucose | Raw sugar |
| High fructose corn syrup | Sucrose |

Calculating Sugar Content

Beverage name:
Serving size:
Servings per container:
Grams of sugar:
Calculation: grams (g) of sugar \div 4 = teaspoons of sugar _____ (g) \div 4 = _____ teaspoons If more than one serving, multiply teaspoons by the number of servings per bottle.
Total teaspoons of sugar:
Types of sugar:

----- (CUT HERE) -----

Beverage name:
Serving size:
Servings per container:
Grams of sugar:
Calculation: grams (g) of sugar \div 4 = teaspoons of sugar _____ (g) \div 4 = _____ teaspoons If more than one serving, multiply teaspoons by the number of servings per bottle.
Total teaspoons of sugar:
Types of sugar:

Dance for Fun and Fitness



Shake It Up! Dance Movements 1

March in place for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
March in place with bicep arm curls for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
March in place with forward punching arms for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
Step together with clap for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
Step together with bicep arm curls for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
Step together 2 times for 8 to 16 counts
March forward for 4 counts and clap
March back for 4 counts and clap
Step together 2 times and clap for 8 to 16 counts
Repeat

Shake It Up! Dance Movements 2

Push hands up, out front, hands down, and jump up
Push hands up, out front, hands down, and jump up
Step to the left side 2 times
Step to the right side 2 times
Step to the left side, step to the right side
Step to the right side, step to the left side
Twist down
Twist up
Push hands up and spin around
Repeat

Dance Movements Defined

Bicep Arm Curls: Arms are straight out in front with palms facing up. Bend elbows and pull hands in toward shoulders.

Punching Arms: Arms are bent at sides with hands in a fist. Punch right arm out and back. Repeat with left arm.

Step Together: Step to the right with right foot, step together with left foot. Step to the left with left foot, step together with right foot.

Step Together 2 times: Step together twice in the same direction.

Optional Dance Movements

Knee Lifts: Bend leg at the knee and lift toward chest. Repeat with opposite knee. Keep back straight.

Kick Backs: Place feet shoulder width apart. With right foot stationary, bend left leg at the knee and kick heel back. Repeat movement with right leg.

Circular Arms Forward: Arms are straight at sides, lift right arm and rotate forward to make a full circle until arm is straight at side again. Repeat with left arm.

Circular Arms Backward: Arms are straight at sides, lift right arm and rotate backward to make a full circle until arm is straight at side again. Repeat with left arm.

Push Up Arms: Push right hand straight up toward the ceiling. Return right hand to side. Repeat with left hand. Push both hands straight up toward the ceiling. Return both hands to side.

Arching Arms: Arms are straight at sides with palms open, lift both arms to create an overhead arch and return to side.

Tips

- Feel free to vary the movements to your own pace and comfort level.
 - Make up additional steps, or use the movements listed in the “optional dance movements” section of this handout.
-

Entire Course Evaluation



NAME (FIRST AND LAST)

DATE

ORGANIZATION

Your completion of the following questionnaire is important. We would like you to answer these questions as best and as honestly as you can. Your responses to this questionnaire are confidential.

Please consider the three classes you attended and check the box that best describes your responses to the following questions.

1) The overall quality of the three lessons was

₁ Excellent ₂ Good ₃ Fair ₄ Poor

2) The usefulness of the information presented was

₁ Very Useful ₂ Useful ₃ Somewhat Useful ₄ Not Useful

3) Having the CalFresh Outreach Worker attend the class was

₁ Very Useful ₂ Useful ₃ Somewhat Useful ₄ Not Useful

As a result of the CalFresh Promotion Project, I...

4) increased my fruit and vegetable consumption. ₁ Yes ₂ No

5) increased my level of physical activity. ₁ Yes ₂ No

6) decreased my consumption of sugary drinks. ₁ Yes ₂ No

7) As a result of the CalFresh Promotion Project, I (select only one)

₁ have completed an application for CalFresh.

₂ will apply for CalFresh.

₃ will not apply for CalFresh **because...**

8) Additional comments:

Thank you!

CalFresh Promotion Project Pre and Post Survey



ID#	
PRE	POST

NAME (FIRST AND LAST)

DATE

NAME OF PROMOTOR/A

ORGANIZATION

Directions:

1. The purpose of this survey is to see what you have learned from this training and to gather your ideas on how we can improve it.
2. We would like you to answer these questions as best and as honestly as you can. Your answers will remain confidential. Your name will be used only to match the pre and post surveys.
3. Have fun!

1) Did you participate in any of the three classes of the CalFresh Promotion Project offered last year?

- 1 No 2 Yes

2) Which of the best describes you? Please check one box.

- 1 I have not applied for CalFresh (food stamps).
 2 I have applied, but did not qualify for CalFresh (food stamps).
 3 I have completed a CalFresh application and waiting to find out if I qualify.
 4 I am currently receiving CalFresh (food stamps).

3) Please tell me if you strongly agree, agree, or do not agree with the following statements.

	AGREE	DO NOT AGREE	STRONGLY AGREE
a. Making time to be physically active each week will benefit my health.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
b. Eating fruits and vegetables are important for my health and my family's health.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
c. Reducing the number of sugary drinks may lead to weight loss and better health.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
d. Using CalFresh (food stamps) can help families purchase healthy food.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

ID#	
PRE	POST

4) Please indicate whether the following statements are True or False.

	TRUE	FALSE
a. Consuming sugary drinks may lead to increased risk of obesity and type 2 diabetes.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
b. A typical 20-oz bottle of soda has 17 teaspoons of sugar.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
c. CalFresh (food stamps) can be used at some local farmers' markets.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
d. Eating fruits and vegetables can help adults lower their risk for stroke, heart disease, and high blood pressure.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
e. Being physically active for at least 30 minutes a day is known to have health benefits.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
f. You will be reported to Immigration and Customs Enforcement if you apply for CalFresh.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
g. Fingerprints are required when applying for CalFresh.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
h. You could jeopardize your ability to apply for permanent resident status if you apply for CalFresh.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
i. You can apply for CalFresh if you have money in savings.	<input type="checkbox"/> 0	<input type="checkbox"/> 1
j. If you receive WIC (Women, Infants and Children Program) you will not be able to apply for CalFresh.	<input type="checkbox"/> 0	<input type="checkbox"/> 1

5) How confident are you in your ability to do the following?

	NOT CONFIDENT	SOMEWHAT CONFIDENT	CONFIDENT	VERY CONFIDENT
a. Shop for healthy foods within your monthly food budget.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
b. Be physically active at least 30 minutes a day, 3 times per week.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
c. Drink fewer sugary drinks.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
d. Encourage family or friends to apply for CalFresh (Food Stamps).	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

ID#	
PRE	POST

6) How likely are you to do the following over the next MONTH?

	NOT LIKELY	SOMEWHAT LIKELY	LIKELY	VERY LIKELY
a. Drink fewer sugary drinks.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
b. Eat more fruits and vegetables.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
c. Be more physically active.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Skip questions 7 and 8 if you are currently receiving CalFresh benefits.

7) How confident are you in your ability to do the following?

	NOT CONFIDENT	SOMEWHAT CONFIDENT	CONFIDENT	VERY CONFIDENT
Apply for CalFresh (food stamps)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

8) How likely are you to do the following over the next MONTH?

	NOT CONFIDENT	SOMEWHAT CONFIDENT	CONFIDENT	VERY CONFIDENT
Apply for CalFresh (food stamps)	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Please check the response boxes that best describe you. Your answers are confidential.

9) Please check your age range.

- 1 0-5 years 2 5-17 years
 3 18-59 years 4 60+

10) Please check your gender.

- 1 Female 2 Male

11) Were you born in the United States?

- 1 No 2 Yes

12) What is the highest level of education you have completed?

- 1 Elementary School
 2 Less than High School
 3 High school graduate/GED
 4 Some college/Vocation School
 5 College graduate

13) Please choose one group that best describes your race/ethnicity.

- 1 African American or Black
 2 Asian
 3 Hispanic/Latino
 4 Native American or Alaskan Native
 5 Native Hawaiian or Other Pacific Islander
 6 White
 7 Other: _____

14) What language(s) do you speak at home?

- 1 English
 2 Spanish
 3 Other: _____

Thank you !

Recommended Uses for Drink Label Cards

1. Display Drink Label Cards with sugar cubes representing the teaspoons of sugar in each container. Be sure to also include MyPlate messaging on total diet (consider MyPlate 10 Tips to a great plate).
2. Discuss the walking time needed to just burn off that individual drink, which would be in addition to a daily activity necessary for weight maintenance
3. Help participants understand the benefits of the added nutrients in lowfat and non-fat milk, and 100% juice in limited amounts (4-8 ounces), and encourage water as the calorie-free beverage of choice between meals.

Drink	Container Size	Sugar Type	Calories per Container	Teaspoons (tsp) of Sugar per Container	Walking Time to Burn Off the Drink ¹
Water	20 fl. oz. bottle	Sugar-Free	0 calories	0 tsp.	0 minutes
1% Milk	16 fl. oz. bottle	Natural Sugar	260 calories	8 tsp.	56 minutes
100% Orange Juice	16 fl. oz. bottle	Natural Sugar	244 calories	11 tsp.	53 minutes
Soda	12 fl. oz. can	Added Sugar	136 calories	8 tsp.	30 minutes
Sports Drink	20 fl. oz. bottle	Added Sugar	125 calories	9 tsp.	27 minutes
Energy Drink	16 fl. oz. can	Added Sugar	240 calories	15 tsp.	52 minutes
Sweetened Tea	20 fl. oz. bottle	Added Sugar	213 calories	14 tsp.	46 minutes
Fruit-flavored Soda	12.5 fl. oz. bottle	Added Sugar	165 calories	11 tsp.	36 minutes
Fruit Drink	20 fl. oz. bottle	Added & Natural Sugar	305 calories	17 tsp.	66 minutes
Fruit Nectar	11.5 fl. oz. can	Added & Natural Sugar	196 calories	11 tsp.	42 minutes
Vitamin-added Water	20 fl. oz. bottle	Added & Natural Sugar	125 calories	8 tsp.	27 minutes

Note: Walking time calculations are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less.

1. United States Department of Health and Human Services, U. S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4. Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm> Accessed May 15, 2012.



Nutrition Facts

Serving Size 20 fl oz (591 mL)
Servings Per Container 1

Amount Per Serving

Calories 0 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 0g	0%
Sugars 0g	
Protein 0g	

Not a significant source of other nutrients.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: PURIFIED WATER



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving

Calories 130 **Calories from Fat** 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 15g	
Protein 11g	22%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: LOWFAT MILK, FAT FREE MILK, VITAMIN A PALMITATE, VITAMIN D3.



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving

Calories 122 Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Sodium 5mg	0%
Potassium 443mg	13%
Total Carbohydrates 29g	10%
Sugars 21g	
Protein 2g	4%
Vitamin C	139%
Thiamin	17%

Not a significant source of other saturated fat, cholesterol, dietary fiber, vitamin A, calcium or iron.
*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: 100% PURE ORANGE JUICE FROM CONCENTRATE (PURE FILTERED WATER SUFFICIENT ENOUGH TO RECONSTITUTE ORANGE JUICE CONCENTRATE)



Nutrition Facts

Serving Size 1 can – 12 fl oz (360 mL)

Amount Per Serving

Calories 136 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Sodium 15mg 0%

Total Carbohydrates 35g 11%

Sugars 33g

Protein 0g

Not a significant source of fat calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving

Calories 50 Calories from Fat 0

	% Daily Value*
Total Fat 0g	0%
Sodium 110mg	4%
Potassium 30mg	1%
Total Carbohydrates 14g	5%
Sugars 14g	
Protein 0g	

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: WATER, SUCROSE, DEXTROSE, CITRIC ACID, NATURAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, BLUE COLORING, GLYCEROL ESTER OF ROSIN, CAMEL COLOR.



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2

Amount Per Serving

Calories 120 Calories from Fat 0

% Daily Value*

Total Carbohydrates 30g 10%

Sugars 30g

Riboflavin Vit B2 1.7mg 100%

Niacin Vit B3 20mg 100%

Vitamin B6 2mg 100%

Vitamin B12 6mcg 100%

Sodium 180mg 8%

Taurine 1000mg †

Ginseng 200mg †

Energy Blend 2500 mg †

L-Carnitine, Glucose, Caffeine, Inositol,
Glucuronolactone, Maltodextrin

*Percent Daily Values (DV) are based on a 2,000 calorie diet. † Daily Value not established.

INGREDIENTS: CARBONATED WATER, GLUCOSE, CITRIC ACID, NATURAL FLAVORS, TAURINE, SODIUM CITRATE, PANAX GINSENG ROOT EXTRACT, L-CARNITINE, CAFFEINE, NIACINAMIDE, SODIUM CHLORIDE, GLUCURONOLACTONE, INOSITOL, PYRIDOXINE HYDROCHLORIDE, SUCRALOSE, RIBOFLAVIN, MALTODEXTRIN, CYANOCOBALAMIN.



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving

Calories 85 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Sodium 30mg 1%

Total Carbohydrates 23g 8%

Sugars 23g

Protein 0g

Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: FILTERED WATER, SUGAR, CITRIC ACID, TEA, NATURAL FLAVORS.



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container 2.5

Amount Per Serving

Calories 122 Calories from Fat 0

% Daily Value*

Sodium 25mg 1%

Total Carbohydrates 27g 9%

Sugars 27g

Protein 0g

Vitamin A 0%

Vitamin C 100%

Calcium 0%

Iron 0%

Not a significant source of other nutrients.

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, ORANGE JUICE CONCENTRATE, CITRIC ACID, POTASSIUM BENZOATE (PRESERVES FRESHNESS), NATURAL AND ARTIFICIAL FLAVOR, YELLOW COLORING, GLYCEROL ESTER OF WOOD ROSIN, CALCIUM DISODIUM EDTA (TO PROTECT FLAVOR)



Vitamin-added Water



Nutrition Facts	
Serving Size 8 fl oz (240 mL)	
Servings Per Container 2.5	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Sodium 0mg	0%
Total Carbohydrates 13g	4%
Sugars 13g	
Protein 0g	
Vitamin C	50%
Vitamin B3	10%
Vitamin B6	10%
Vitamin B12	4%
Vitamin B5	10%
Zinc	5%
Contains less than 1% juice. Not a significant source of calories from saturated fat, cholesterol, dietary fiber, vitamin A, calcium and iron.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	
INGREDIENTS: WATER, CRYSTALLINE FRUCTOSE, CITRIC ACID, VEGETABLE JUICE (COLOR), NATURAL FLAVOR, ASCORBIC ACID (VITAMIN C), VITAMIN E ACETATE, MAGNESIUM LACTATE (ELECTROLYTE), CALCIUM LACTATE (ELECTROLYTE), ZINC PICOLINATE, MONOPOTASSIUM PHOSPHATE (ELECTROLYTE), NIACIN (B3), PANTOTHENIC ACID (B5), PYRIDOXINE HYDROCHLORIDE (B6), CYANOCOBALAMINE (B12).	



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Adapted from the California WIC Program.



Nutrition Facts

Serving Size 1 Can – 11.5 fl oz (340 mL)

Amount Per Serving

Calories 196 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Sodium 50mg 2%

Total Carbohydrates 49g 16%

Sugars 45g

Protein 0g

Vitamin C 100%

Contains 20% juice.

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: WATER, HIGH FRUCTOSE CORN SYRUP, FRUIT PUREE CONCENTRATE, APPLE JUICE CONCENTRATE, CITRIC ACID, ASCORBIC ACID (VITAMIN C).



Nutrition Facts

Serving Size 8 fl oz (240 mL)
Servings Per Container about 1.5

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carb. 28g 9%

Sugars 28g

Protein 0g

Not a significant source of calories from fat, saturated fat, trans fat, dietary fiber, vitamin A, vitamin C, calcium and iron.

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: CARBONATED WATER (WATER, CARBON DIOXIDE), NATURAL SUGAR, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVORS AND RED COLORING.

CERTIFICATE OF PARTICIPATION

PRESENTED TO

For completing the nutrition education
coursework of the CalFresh Promotion Project

Date

Signature

