

# Delicious Drinks!



Sharlea, 5th grade  
Field School

Dear Parents,

What we drink is very important for our health. Some drinks are good for our health, and some are not so good for our health. The purpose of this book is to teach children about making healthy and delicious drink choices.

Don't forget that children watch what we do and learn from our actions. What we do is even more important than what we say. So, remember to be a good role model for your children when you select drinks too!

Please read this book together with your child.

When you are thirsty,  
drinking something makes you feel good.



Dernell, 6th grade  
Charles H. Taylor School

Draw a picture of a drink that you've had today.



Here are some types of drinks.  
Circle the ones that you like.



Low-fat Milk



Soda



Water



Fruit Punch



100% Juice



Milk Shake



Lemonade



Iced Tea



Sports Drinks

Some drinks are very good for us  
and some drinks are not as good for us.

First, let's talk about drinks  
that are good for us.

Water is a very good drink for us.

Do you like to drink water?



Low-fat or skim milk is another drink that is good for us. Low-fat milk helps us grow and makes our bones and teeth strong.



Juice is also a drink that is good for us. When you drink juice, make sure it says 100% FRUIT JUICE on the label.

Can you see where it says “100% juice” on the picture?



Parent note: It is recommended that children drink no more than 6 ounces of 100% fruit juice per day.

Fruit punch, lemonade, iced tea and sports drinks are sometimes called “fruit drinks”. These drinks are not 100% fruit juice and are not good for us.

These drinks have lots of sugar in them.

You can tell if a drink is high in sugar by reading the label.





Soda is also a drink that is not good for us.  
Did you know that a can of soda has  
10 teaspoons of sugar?



Parent note: This is based on a 12 ounce  
can of soda with 150 calories.

These drinks are all  
high in added sugar.



Soda



Fruit Punch



Milk Shake



Iced Tea



Lemonade



Sports Drinks

Milk shakes bought at restaurants or grocery stores can be very high in sugar and fat. Milk shakes made at home with lowfat milk and lowfat frozen yogurt are much better for you and taste yummy too!



If soda says “diet” on it, then it doesn’t have any sugar in it.



## Make your own bubbly drink.

Mix half a cup of 100% fruit juice like orange, apple, pineapple, or grape juice with soda water. Soda water is water with bubbles in it. Sometimes soda water is called “club soda” or “seltzer water.” You can buy it in the store next to where other sodas are sold.



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This drink tastes good and is good for you because there is no added sugar in it!

Now that you have learned about drinks,  
circle the ones that are good for you.

(Turn the page for the answers.)



Low-fat Milk



Soda



Water



Fruit Punch



100% Juice



Milk Shake



Lemonade

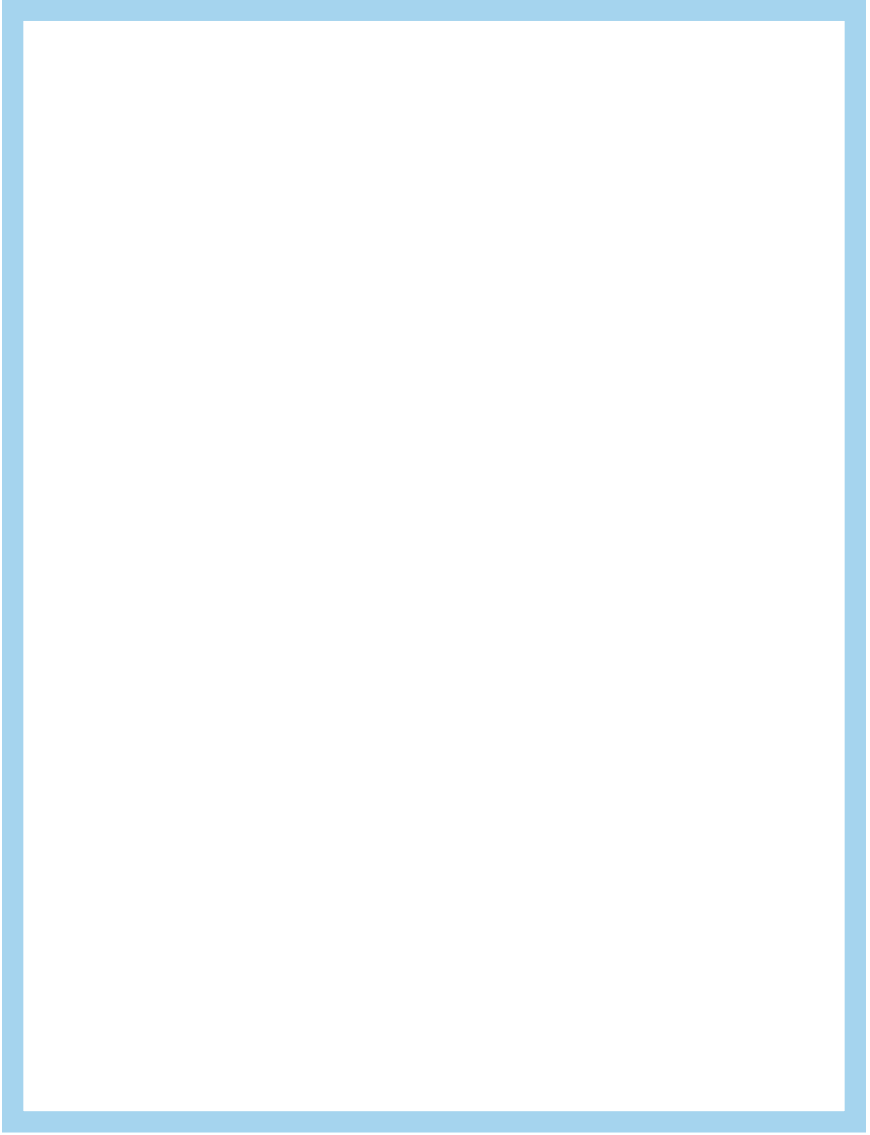


Iced Tea

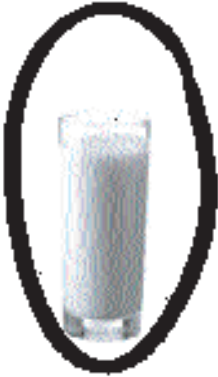


Sports Drinks

Draw your favorite healthy drink.



Here are the drinks that are good for you.



Low-fat Milk



Soda



Water



Fruit Punch



100% Juice



Milk Shake



Lemonade



Iced Tea



Sports Drinks

To be healthy, it is important to choose healthy delicious drinks like water, low-fat milk, 100% fruit juice and homemade milk shakes, or bubbly drinks.



*“A mother giving water to her daughter.”*

Sagal, Kindergarten  
Hennigan School



Illustrations by Boston Public School students.

This book was developed by the Boston Steps Healthy Eating Team and Jessica Blom-Hoffman, PhD, Northeastern University.

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For more information or to request copies of [Delicious Drinks](#) contact Boston Steps at [www.bphc.org](http://www.bphc.org) or 617-534-5690.

