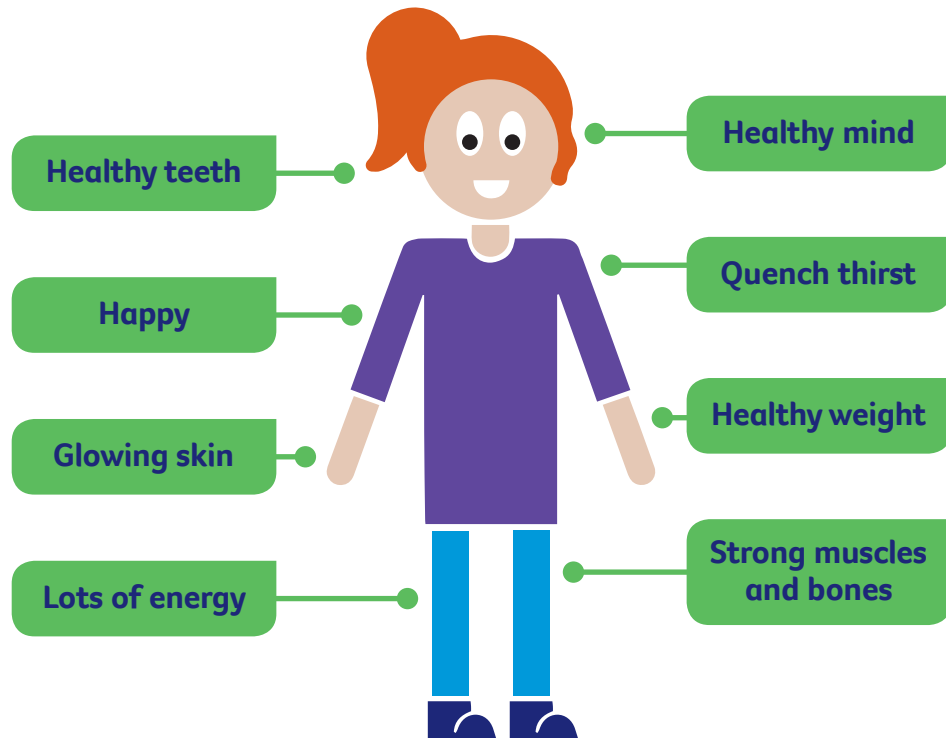
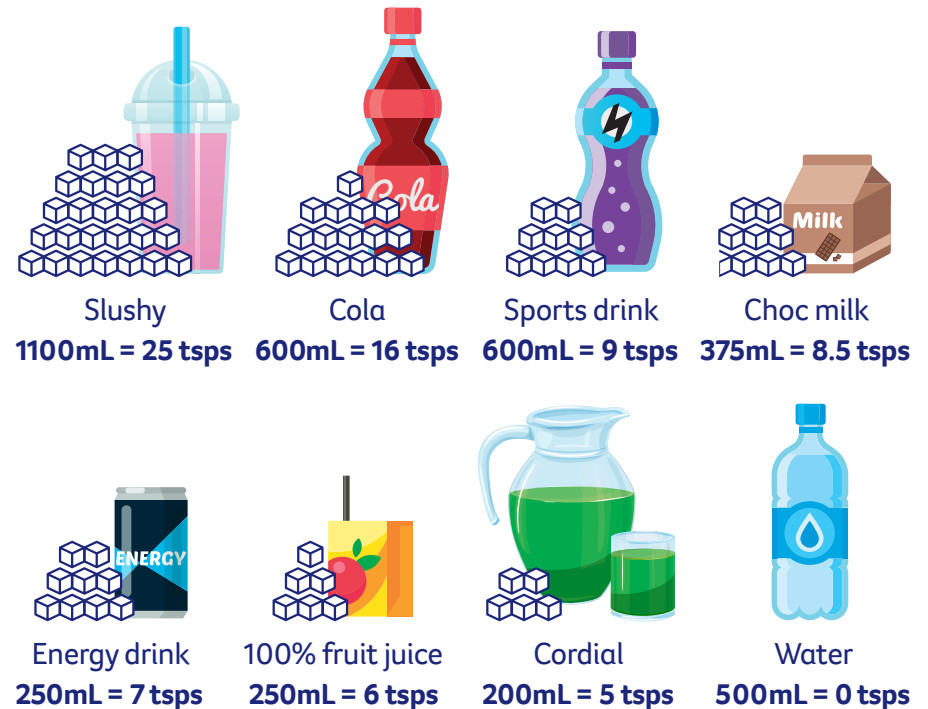


# GO! Drinking plenty of water can make you feel great!



**ACTIVITY 2: Create your own poster to encourage others to drink water instead of sugary drinks.**

## How much sugar are you drinking?



**TIP: Aim for less than 6 teaspoons of added sugar per day.**

Added sugars are also found in many processed foods like lollies, chocolate, biscuits and some breakfast cereals.

 **1 TEASPOON/  
CUBE EQUALS  
4 GRAMS  
OF SUGAR**

# STOP! Healthy bodies need healthy drinks.

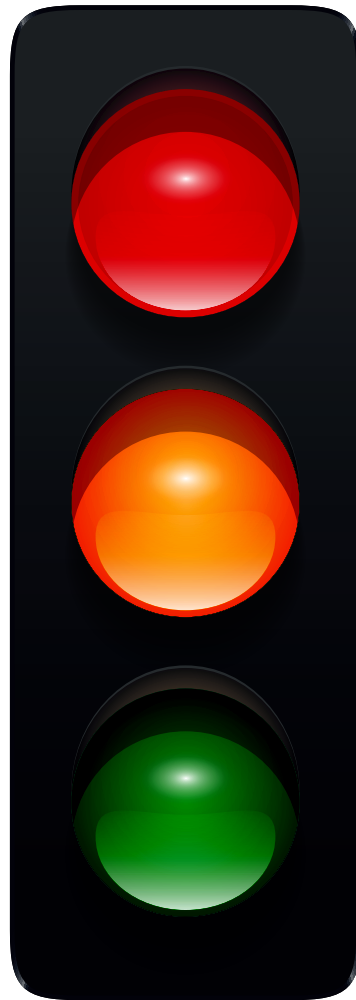
**LIMIT** soft drinks, cordial, energy drinks, slushies and sports drinks.



**SOMETIMES** flavoured milk and 100% fruit juice (limit to ½ cup serving).



**BEST CHOICES** are water and plain milk.



**ACTIVITY 1:** How much sugar do you think you are drinking?

**STEP 1.** Finish your drink.

**STEP 2.** Use the traffic light to work out if your drink was green, amber or red.

**STEP 3.** Colour in the glasses below with the traffic light colour of your drink choice.



**STEP 4.** How many green \_\_\_\_\_, amber \_\_\_\_\_ and red \_\_\_\_\_ drinks did you have?

**TIP:** Aim to only have green drinks.