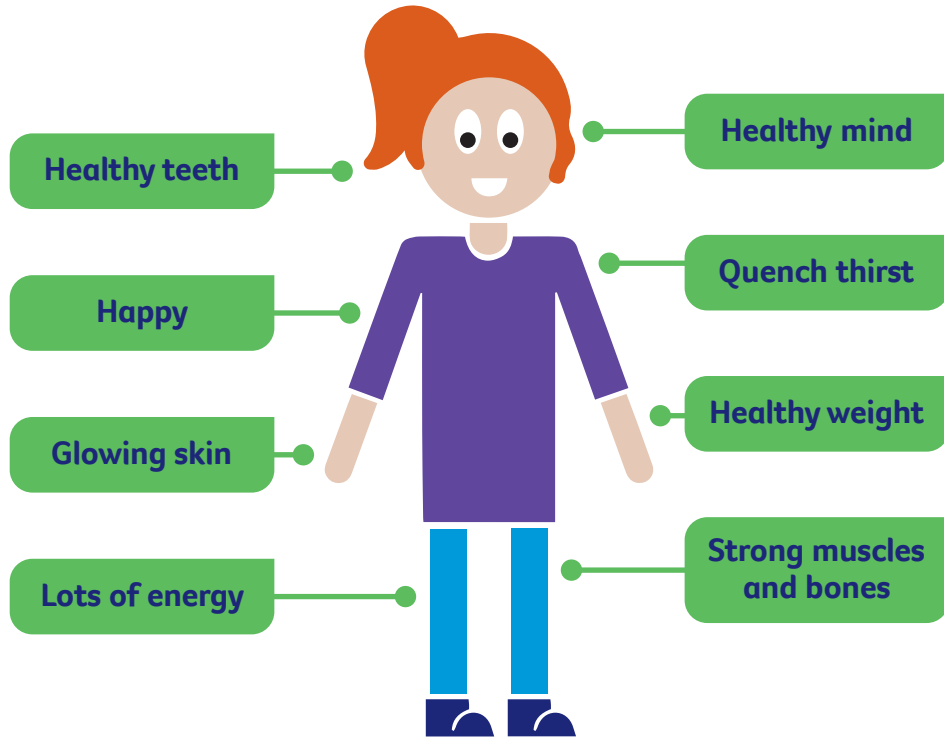
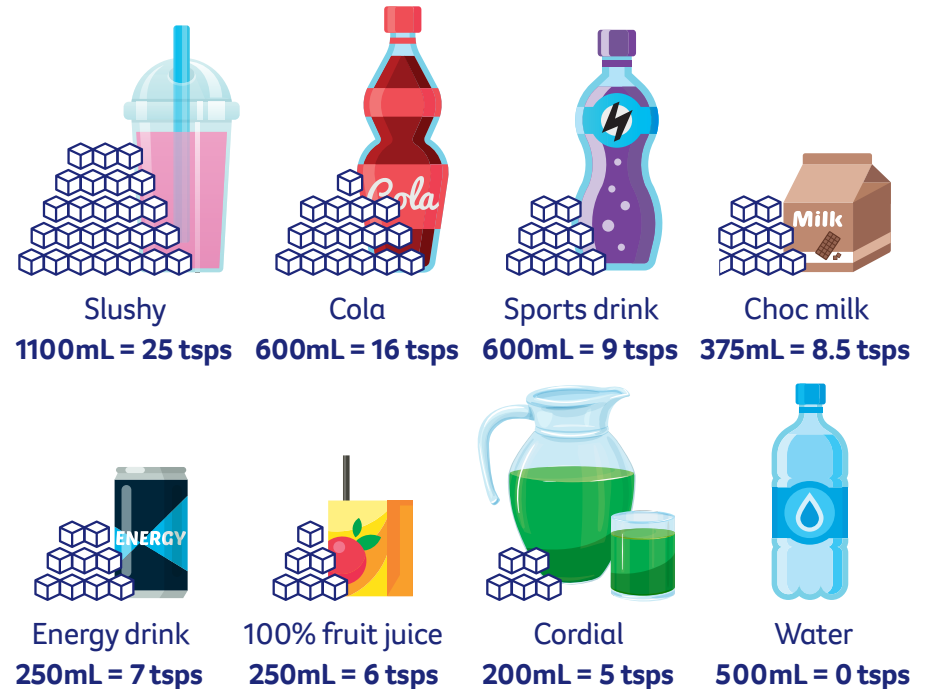


GO! Drinking plenty of water can make you feel great!



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.

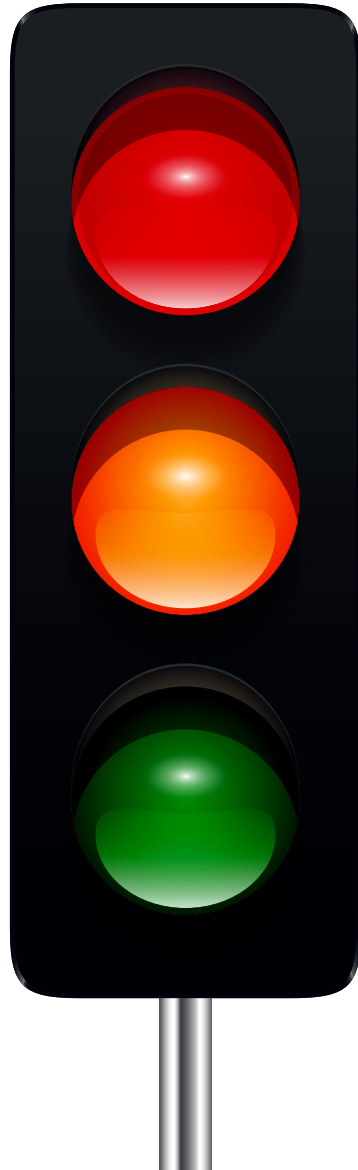
LIMIT soft drinks, cordial, energy drinks, slushies and sports drinks.



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 a glass below with the traffic light colour of your drink choice.



STEP 4. Repeat steps 1 to 3 for each drink you have.

STEP 5. How many green _____, amber _____ and red _____ drinks did you have?

TIP: Aim to only have green drinks.