

**Juice Board – Week 10**  
**Activity Description**  
**Juice Trivia**

**Materials**

Week 10 display board  
Spinning wheel – **for activity**

**Note:** Label the segments of the spinning wheel using the following categories using a NON-permanent marker:

- 100% Juice
- Sugar
- Juice Drink
- Portion Size
- Ingredients
- Husky Byte Questions
- Spin Again

If spinning wheel has more than 7 segments, repeat any of the above categories again until all of the segments are filled.

Juice Trivia Questionnaire and evaluation sheets – **for activity**

Reinforcers – T –Shirts (Got Water 4 Me?)

Pens/pencils

Table for supporting board (folding table)

Raffle prize to give away for current week – Battery operated toothbrush

Raffle prize winner's name

**Target Audience**

Parents of Pre – School Children

**Table/Board Set Up**

Place board on folding table

Place spinning wheel next to the table

Place trivia giveaways (t-shirt) on table

Place raffle prize and raffle winner's name on table

**Activity: Parents will respond to question about the education material covered during the 10 week intervention.**

1. Student will greet parent and ask him/her if they want to participate in the trivia game.
2. If parent says yes, engage him/her in the activity (following). If parent says no, say thank you and let parent go on his/her way.
3. The student will ask the parent to spin the wheel. Inform the parent that they will be asked 3 questions pertaining to whatever category the wheel stopped.

4. Once the wheel stops, the student will ask the 3 questions to the parent (use the juice trivia evaluation sheets to read and record questions pertaining to each category). After the parent answers each question, the student will record each answer on the evaluation form.
5. If the parent answers any of the questions incorrectly, the student will explain the correct answer **at the end of the 3 – question session.**
6. Student will give parent a t-shirt for participating. Parent wins a prize regardless of whether the answer is correct or not.
7. Student will thank the parent for his/her time.

### **Reinforcer**

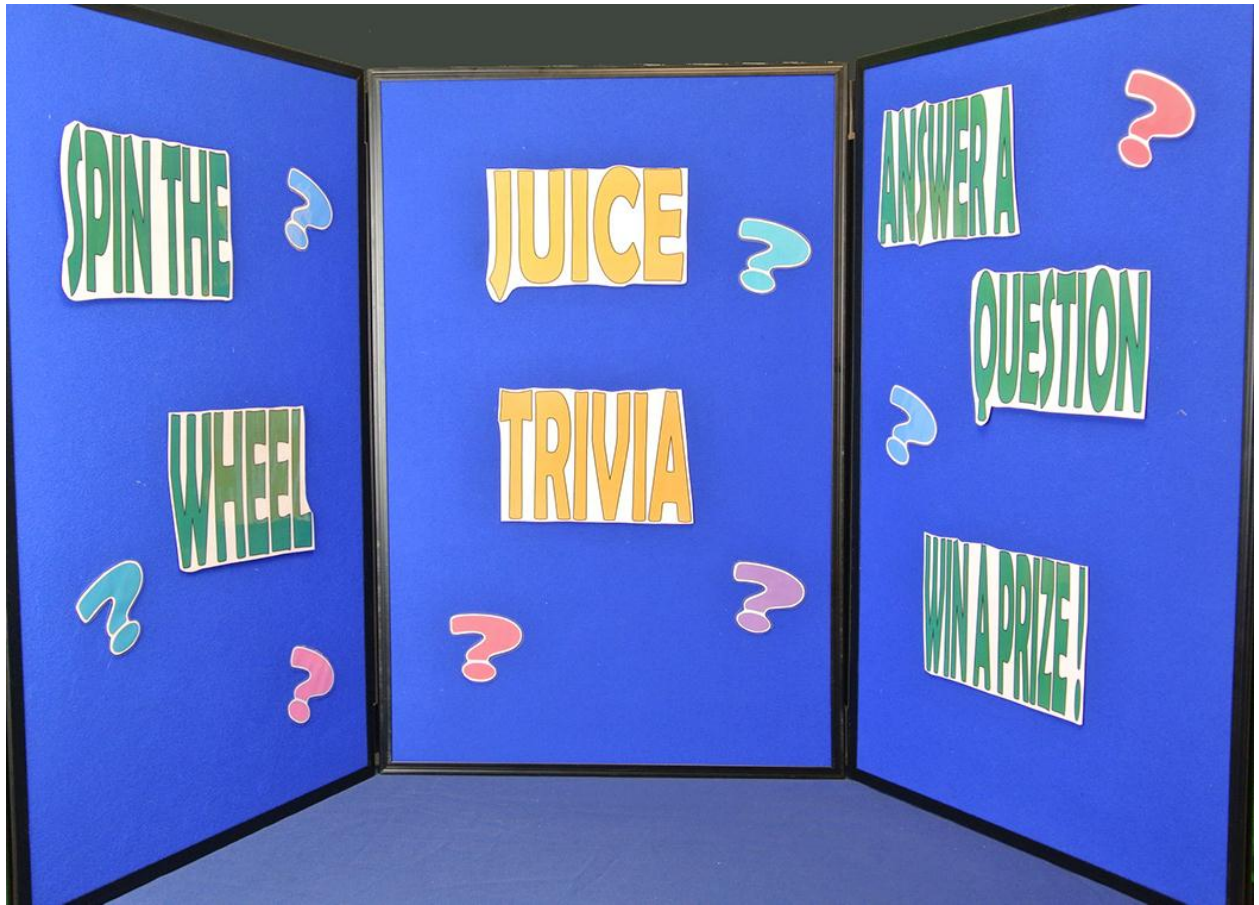
T-Shirts – “Got Water 4 Me?”

### **Raffle Prize To Give Away This Week**

Battery Operated Toothbrush

### **Take-Home Message**

- Fruit juices and 100% fruit juice have about the same amount of sugar
- The recommended amount of 100% fruit juice for a child up to 6 years old is 4-6 ounces a day



# SUGAR

1. True or False, soda and 100% fruit juice have the same amount of sugar
2. True or False, soda, fruit juice and juice drink have the same amount of sugar
3. Where on the bottle do you find information about how much sugar a drink has?

## Participant 1

1            T            F  
2            T            F  
3

---

## Participant 2

1            T            F  
2            T            F  
3

---

## Participant 3

1            T            F  
2            T            F  
3

---

## Participant 4

1            T            F  
2            T            F  
3

---

## Participant 5

1            T            F  
2            T            F  
3

---

# JUICE DRINK

1. T or F, 100% fruit juice is made of real fruit, while a juice drink is made of sugar and water?
2. How do you know if a drink has 100% fruit juice?
3. Other than water, what is the next major ingredient of juice drink?

## Participant 1

1                    T                    F

2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 2

1                    T                    F

2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 3

1                    T                    F

2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 4

1                    T                    F

2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 5

1                    T                    F

2 \_\_\_\_\_  
3 \_\_\_\_\_

# 100% JUICE

1. What is the principal ingredient in fruit juice?
2. Does orange juice contain 100% juice?
3. Do you think that as long as a drink has some fruit juice in it, it is healthy?

## Participant 1

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 2

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 3

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 4

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 5

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

# INGREDIENTS

1. What are the major ingredients in a juice drink?
2. What natural drink has not sugar?
3. Is Sunny D an example of fruit juice?

## Participant 1

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 2

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 3

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 4

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## Participant 5

1 \_\_\_\_\_  
2 \_\_\_\_\_  
3 \_\_\_\_\_

## PORTION SIZE

1. What is the recommended amount of 100% fruit juice you could give to your child a day?
2. What would your doctor recommend to drink; juice or water?
3. Could drinking too much fruit juice harm your child's health?

### Participant 1

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Participant 2

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Participant 3

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Participant 4

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

### Participant 5

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_



## HUSKY BYTE QUESTIONS

1. Give me examples of sugary foods that could harm your child's smile
2. True or False, I think the amount of sugar in 100% fruit juice is not healthy for my child
3. True or False, I give my child the same amount of 100% fruit juice than before seeing the boards?
4. True or False, I think that juice drinks (Hi-C, Sunny D, Punches) are good for my child

### Participant 1

1	<hr/>	
2	T	F
3	T	F
4	T	F

### Participant 2

1	<hr/>	
2	T	F
3	T	F
4	T	F

### Participant 3

1	<hr/>	
2	T	F
3	T	F
4	T	F

### Participant 4

1	<hr/>	
2	T	F
3	T	F
4	T	F

### Participant 5

1	<hr/>	
2	T	F
3	T	F
4	T	F