

## **Juice Board – Week 2**

### **Activity Description**

#### **What Would Your Doctor Recommend?**

#### **Materials**

Week 2 display board

16 oz bottle of 100% Grape Juice- **for activity**

0.5 gallon bottle of Tampico- **for activity**

1 bottle of water – **for activity**

Reinforcers- 8 oz plastic water bottles

Basket/container for reinforcers

Raffle box

Raffle slips

Pens/pencils

Parent Handouts

Table for supporting board (folding table)

Raffle prize for following week – Nalgene water bottle – FOR DISPLAY ONLY

#### **Target Audience**

Parents of Pre-School Children

#### **Table/Board Set Up**

Place board on folding table

Place raffle box, pens/pencils, raffle slips on the table

Place parent handouts on the table

Place reinforcers on the table

Place raffle prize for next week on table for display

Place 100% Juice bottle, Tampico bottle, and water bottle on table for activity

#### **Activity: Parents will learn what beverages their doctor would recommend to drink on a daily basis.**

1. Greet parent and ask him/her if they want to enter their name in the raffle or receive a giveaway.
2. If parent says yes, engage him/her in the activity (following). If parent says no, say thank you, provide them with a parent handout and let parent go on his or her way.
3. Student will ask the parent, out of the various beverage on the table (water, 100% juice or Juice drink), which one do they believe that their doctor would recommend serving to their children.
4. The student will then inform the parent that doctors recommend that children drink no more than 4 to 6 ounces of juice or other sweetened beverages like juice drinks per day and that children should drink more water than juice or juice drinks.
5. The student will inform the parent that in order to reduce the risk of their children getting cavities they should limit the amount of juice (and other

sweetened beverages) to 4 to 6 ounces per day while increasing the amount of water that their child consumes.

6. The student will hand parent the reinforcer (8 ounce reusable water bottle) and provide them with a copy of the parent handout.

7. The student will have the parent fill out their name on the raffle slip and drop it in the raffle box.

8. The student will thank the parent for his/her time.

### **Reinforcer**

8 oz plastic water bottles

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

NONE (Nalgene bottle for display only – given next week)

### **Take-Home Messages**

1. Limit your child's consumption of juice and sweetened beverages to 4 – 6 ounces per day.
2. Children should drink more water than juice or other sweetened beverages.
3. Children who drink too much juice or sweetened beverages may have more cavities and may become overweight.



What Would

Your Doctor

Recommend ?

University of  
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## **Week 2: Student Handout**

### **Good Hydration Enhances Mental Clarity**

A drop of just 2% in body water causes short term memory problems and significant difficulties with concentration. Good hydration helps you become mentally alert throughout the day.

### **Good Hydration Improves Digestion**

A digestive system without sufficient fluid is constipated. Fluid is essential for nutrients to pass through the delicate membranes of the intestines. If the body is adequately hydrated sufficient fluid is present in the digestive track to distribute nutrients throughout the body.

### **Good Hydration Softens Skin Texture**

Adequate hydration makes it possible for water to move through all the membranes of your body so that the largest organ in the body, the skin, is adequately hydrated. Skin texture softens. The natural aging process is slowed. Wrinkles vanish. Bagging skin tightens.

### **Good Hydration Slows the Aging Process**

The reason for poor hydration as we age is the gradual decline of the thirst mechanism in the brain. When we are young and get thirsty there is no stopping us when we are thirsty.

A different story emerges as we age. The thirst signal becomes distorted because we ignore it and because we drink dehydrating drinks such as coffee or alcohol.

Good hydration lowers the surface tension of the water that is ingested and reduces the cluster size of its molecules. Wetting capacity is increased, making water more readily available for transport to each and every cell of the body.

### **Good Hydration Relieves Back and Joint Pain**

A little known fact is that adequate hydration has been shown to relieve back and joint pain for as many as 80% of sufferers.

### **Good Hydration Helps Control Body Weight**

For many people the thirst mechanism in the body is so weak that it is mistaken for hunger in one third of Americans. Instead of drinking water we eat.

Adequate hydration resets the thirst mechanism in the brain so that hunger is not confused with thirst. The obvious benefit is a subsequent loss of excess weight that is caused by eating too much food.

<http://ezinearticles.com/?Benefits-Of-Adequate-Hydration-Are-Mind-Boggling&id=899372>

**Handout: Juice as bad as soda, Docs say.**  
**Refer to the following web page:**

<http://www.cbsnews.com/stories/2005/02/11/health/main673229.shtml>

# Water Water



Doctors say drink water!

Drink 8 glasses a day.

## Water in your body

- keeps your body temperature the same
- carries nutrients
- cushions your joints
- helps you go to the bathroom

## Drink Water NOT Juice

- Juices have a lot of sugar.
- Too much juice may cause cavities, diarrhea and weight gain.
- Juices replace other healthy foods.



Drink Water. It is a good choice.