

## **Juice Board- Week 3**

### **Activity Description**

**Doctors Recommend 4-6 oz. Fruit Juice Per Day**

#### **Materials**

Week 3 display board

64 oz bottle 100 % Juice – **for activity**

Two (2) 10 oz sippy cups – **for activity**

12 oz tumbler – **for activity**

Measuring cup – **for activity**

Kitchen funnel – **for activity**

Clorox wipes – **for activity cleanup**

Reinforcers- 'Aqua' sippy cups

Basket/container for reinforcers

Raffle box

Raffle slips

Pens/pencils

Parent handouts

Evaluation form

Table for supporting board (folding table)

Raffle prize to give away for current week – Nalgene water bottle

Raffle prize for following week – Brita pitcher – FOR DISPLAY ONLY

Raffle prize winner's name

#### **Target Audience**

Parents of Pre-School Children

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

Place board on folding table

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

Place parent handouts on table

Place reinforcers on table

Place all activity materials on table

Place raffle prize and raffle winner's name on table

Place raffle prize for following week on table (If there is free space)

#### **Activity: Parents will learn that doctors recommend children to only drink 4-6 oz of fruit juice per day.**

1. Greet parent and ask him/her if they want to enter their name in the weekly raffle or receive a giveaway.
2. If parent says yes, engage him/her in the activity (following). If parent says no, say thank you and let parent go.
3. The student will ask the parent to pour the usual amount of juice that he/she pours for his/her child from the 64 oz. 100 % juice bottle into the two 10 oz sippy cups, and the 12 oz tumbler.

4. The student will inform the parent that doctors recommend that a child should drink no more than 4 – 6 oz of juice per day.
5. The student will then ask the parent to pour the juice from the 10 oz. sippy cup into the measuring cup. The student will ask the parent how much over the recommended 4 – 6 oz he/she is providing for his/her child.
6. The student will record the amount over that the parent poured into each cup on the provided evaluation sheet.
7. The student will use the funnel to pour the juice from the measuring cup back into the 64 oz. juice bottle.
8. The student will repeat step 5 for the other 10 oz sippy cup and the 12 oz tumbler.
9. The student will inform the parent that it is necessary to understand that doctors recommend that a child should drink no more than 4- 6 oz of juice per day ( 4 oz for 4 year olds, 5 oz for 5 year olds, 6 oz for 6 year olds) and that by filling up most “common” cups that he/she is giving his/her child more than the recommended amount. Additionally, an alternative is to dilute the amount of juice with water.
10. The student will then hand the parent a giveaway and the parent handout
11. The student will have the parent fill out their name on the raffle slip and drop it in the raffle box.
12. The student will thank the parent for his/her time.

### **Reinforcer**

“Aqua” sippy cups

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

“Nalgene” water bottle

### **Take-Home Message**

1. Doctors recommend that children only consume 4-6 oz of juice per day.
  - a. If child is 4 years old they should only drink 4 oz,
  - b. if 5 years old they should only drink 5 oz,
  - c. and if 6 years old they should only drink 6 oz.
2. Juice may be diluted with water to provide a larger drink (greater volume) with the same amount of calories as juice that is full strength.
  - a. For instance: 6 ounces of water may be added to 4 ounces of juice to provide the child with 10 ounces to drink without adding additional calories or sugar.

**Doctors**  
**Recommend 4-6 oz.**  
**of Fruit Juice**  
**A Day**

**4 oz.**

**9 oz.**

**10 oz.**

**12 oz.**

### **Week 3: Student Handout Juice intake recommendations from the APA**

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics;107/5/1210>

#### Recommendations

1. Juice should not be introduced into the diet of infants before 6 months of age.
2. Infants should not be given juice from bottles or easily transportable covered cups that allow them to consume juice easily throughout the day. Infants should not be given juice at bedtime.
3. Intake of fruit juice should be limited to 4 to 6 oz/d for children 1 to 6 years old. For children 7 to 18 years old, juice intake should be limited to 8 to 12 oz or 2 servings per day.
4. Children should be encouraged to eat whole fruits to meet their recommended daily fruit intake.
5. Infants, children, and adolescents should not consume unpasteurized juice.
6. In the evaluation of children with malnutrition (overnutrition and undernutrition), the health care provider should determine the amount of juice being consumed.
7. In the evaluation of children with chronic diarrhea, excessive flatulence, abdominal pain, and bloating, the health care provider should determine the amount of juice being consumed.
8. In the evaluation of dental caries, the amount and means of juice consumption should be determined.
9. Pediatricians should routinely discuss the use of fruit juice and fruit drinks and should educate parents about differences between the two.

#### Conclusions

1. Fruit juice offers no nutritional benefit for infants younger than 6 months.
2. Fruit juice offers no nutritional benefits over whole fruit for infants older than 6 months and children.
3. One hundred percent fruit juice or reconstituted juice can be a healthy part of the diet when consumed as part of a well-balanced diet. Fruit drinks, however, are not nutritionally equivalent to fruit juice.
4. Juice is not appropriate in the treatment of dehydration or management of diarrhea.
5. A variety of fruit juices, provided in appropriate amounts for a child's age, are not likely to cause any significant clinical symptoms.
6. Calcium-fortified juices provide a bioavailable source of calcium but lack other nutrients present in breast milk, formula, or cow's milk.



## FLUID REQUIREMENTS FOR CHILDREN

Water has many important roles in the body. It helps transport nutrients, maintains blood volume, regulated body temperature and removes waste products. It is very important for children to drink enough fluid so their body can function properly and they can feel their best. Children with special needs may have difficulty drinking or letting others know they are thirsty. Saliva loss can also increase the amount of fluid required each day.

The fluid requirement of children is based on their age and weight. The following requirements are a guide:

0-12 months: 150ml/kg/day (for example, a child weighing 7kg should have approximately 1050ml/day)

1-3 years: 120ml/kg/day (for example, a child weighing 10kg should have approximately 1200ml/day)

Over 3 years: 1000-1500ml minimum/day (may require more).

*Note:* Children with gastrostomies need the same amount of fluid as other children.

Thickened fluids are just as effective.

### Signs that a child requires more fluid

- Strong smelling nappies
- Yellow urine
- Less wet nappies than normal due to decreased amount of urine (infants should have 6-8 wet nappies/day and an older children should have 4-5/day)
- Constipation
- Headaches, tiredness
- Dry lips and skin
- More thirsty than usual
- Dark circles around eyes
- Weight loss.

### Good sources of fluid

- For children over 1 year, water is the best source of fluid.
- Cows milk is also important on a daily basis to provide important nutrients that children need to grow.
- Other fluids can also be included into the daily fluid intake, such as juice, ice blocks, jelly and pureed food with liquid.
- For young infants under 12 months breast milk is the best fluid - for the first 6 months, it provides all the nutrition the infant needs.
- Infant formula should be used for those who are not breast fed. Cows milk should not be introduced until 1 year of age.

*If a child is passing clear urine regularly throughout the day, it is likely that they are meeting their daily fluid requirement.*

*Disclaimer Detail: This information is of a general nature only and does not constitute advice. Novita Children's Services Inc. makes no representations as to the accuracy, usefulness, suitability or application of the information to a child's particular circumstances. You should seek professional advice before acting or relying on the information.*



Doctors say....

Drink this much juice per day

<b>Age</b>	<b>Size in cups</b>	<b>Size in ounces</b>
0-6 months	0	0
1 to 6 years	$\frac{1}{2}$ - $\frac{3}{4}$ cups	4-6 ounces
7 to 18 years	1-1 $\frac{1}{2}$ cups	8-12 ounces

Source: American Academy of Pediatrics



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Week 3

<b>Amount over</b>			
	<b>10oz sippy</b>	<b>10oz sippy</b>	<b>12 oz tumbler</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			