

# Educator's Guide

## Challenge 13: Sugar Counts



**Captivate**

### It's Challenge Week!

Part 1  
**Lift Off**

- With each *fit* Challenge, students activate healthy habits through the meaningful practice of *fit* choices. The challenge concludes with students activating their friends and family to make *fit* choices too!
- With this week's challenge, students will track their drink choices using the Drink Tally sheet from *Topic 3: Sugar Counts*.
- Begin with the slideshow captivate activity. Students will interpret signs, then are reminded that food labels are sugar signs.



**Educate**

### Sugar Counts

- Begin with a quick review of *Topic 12: Sugar Counts* before introducing the challenge.

#### Your Challenge: Shun the sugar.

Choose water or milk for your drink.

- What will students choose to drink this week? Can they choose water or milk over sweetened beverages?
- Students tally drink choices each day of the challenge.



**Activate**

### Do It!

#### Shun the sugar.

Choose water or milk for your drink.

- Prepare to track the challenge. A daily tracker form is provided (see below) for students to use to tally their drink choices.
- Option: Keep a running count of your class totals and make a graph or chart as a mathematics activity.

Part 2  
**Take Action**

### Challenge Check In

- Check student progress each day until you are ready to wrap up the challenge.
- Ask all students who only drank water or milk to stand and show a thumbs up.
- Next, ask students to stand up if this challenge was harder than they thought it would be.
- Discussion questions:
  - *Is this an easy or a difficult challenge? What makes it easy? What makes it difficult?*

### Challenge Wrap Up

- Lead a class discussion on the final day of your challenge:
  - *What propelled you forward through the challenge? Did friends or family encourage you? What helped you to remember to track your drinks?*
  - *Did anything hold you back while attempting the challenge? How do you overcome obstacles during a challenge?*

### Congratulations!

- Congratulate and/or recognize students for successfully completing the challenge. Encourage students to continue to choose water and milk as their drink choices.

### Challenge Others

- Encourage students to challenge another person to do the *fit* challenge. Challenge friends, family, and teachers!

### Challenge Trackers

Options are provided for Challenge Trackers. Choose one to download or have students track their challenges in a notebook or journal.

Option 1: Drink Tally

Option 2: 5-Day Tally

Option 3: Check off daily challenge on a 3x5 card.

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Notes: