

Atlantic Community School

Authentic Intellectual Work

Publish or Not Publish:

Date Scored:

Date Revised:

Teacher – Beverly Schelling

Subject – Health

Grade – 9-12 Special Education

Lesson – To learn the health benefits of milk.

IC Essential Skills and Concepts/Common Core – Healthy Food Choices; Health Literacy 9-12;

Science: Demonstrate functional health literacy skills—promote personal health

List any use of technology integration – website: bodybymilk.com

Introduction/Background – Give the background of why schools no longer sell pop/soda during the school day and how federal guidelines and funding are affecting school.

Task – (Can attach)

Think About Your Drink

Choosing lowfat or fat free milk instead of sugary soft drinks is not only a more nutritious option, it may help you look and feel your best. Studies show that teenagers who drink milk instead of sugary drinks tend to be leaner and have better quality diets richer in essential nutrients. Remember to limit sugary soft drinks, which are on average, the number one source of calories and added sugars in a teen's diet. Instead, grab a nutrient-packed lowfat or fat free milk.

Part A: Just the Facts

You might think you know all the facts about what you drink – but do you? Take the true/false quiz below to see what you know. Visit the *Body By Milk* website (bodybymilk.com) to find the answers to any questions you're not sure about.

- On average, beverages supply nearly a quarter (22%) of calories to the diet. T F
- The average teenage girl consumes three times the amount of sugary beverages (soft drinks, fruit drinks, and sports drinks) as she does milk. T F
- Fifteen percent of an adult's height is added during the teen years. T F
- Chocolate milk provides the same nine essential nutrients as white milk. T F
- A specially-formulated sports drink is the best choice after exercise. T F
- Lowfat milk may offer an advantage compared to water or traditional sports drinks when it comes to staying hydrated after exercise. T F
- Most teens already get the milk they need. T F
- Only young kids need to drink milk. T F
- You need three servings of juice every day. T F
- Milk is packed with nine essential nutrients – including calcium, vitamin D, and protein. T F

Part B: Label Logic

You see them on every food or drink you buy, but do you know how to read a nutrition facts panel? Here's a quick guide to get the real facts on nutrition!

Sample Label for 1% Lowfat Milk

Nutrition Facts	
Serving Size 1 cup (8 oz) / Servings Per Container About 8	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 15mg	3%
Sodium 105mg	11%
Potassium 370mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	26%
Protein 8g	16%
Vitamin A	10%
Vitamin C	30%
Calcium	30%
Iron	30%
Vitamin D	25%
Riboflavin	20%
Niacin**	10%
Vitamin B-12	13%
Phosphorus	20%
Magnesium	7%

Start Here →

Limit These Nutrients →

Important Nutrients →

These nutrients are not required on a label so they may not always be listed. →

Quick Guide to % DV
5% or less is low
20% or more is high

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Part C: Dare to Compare

Now check out the facts for yourself by comparing lowfat white milk with some of your other favorite beverages. Then, answer the following questions.

- Which drink has the most protein?
- Which drink provides the most vitamin C?
- Which drink provides the fewest nutrients?
- Which drink provides vitamin D?
- Which drink has the most sugars?

Note: These nutrition facts labels are for educational purposes and not actual labels. **Provided through niacin equivalents. Data from USDA National Nutrient Database for Standard Reference, Release 22.

1% Lowfat Milk

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Amount Per Serving	
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% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 15mg	4%
Sodium 105mg	4%
Potassium 370mg	11%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 13g	26%
Protein 8g	16%
Vitamin A	10%
Vitamin C	30%
Calcium	30%
Iron	30%
Vitamin D	25%
Riboflavin	20%
Niacin**	10%
Vitamin B-12	13%
Phosphorus	20%
Magnesium	7%

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100% Orange Juice

Nutrition Facts	
Serving Size 1 cup (8 oz) / Servings Per Container 1	
Amount Per Serving	
Calories 120	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 440mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	2%
Sugars 21g	42%
Protein 2g	4%
Vitamin A	2%
Vitamin C	140%
Calcium	2%
Iron	2%
Vitamin D	0%
Riboflavin	6%
Niacin**	4%
Vitamin B-12	0%
Phosphorus	4%
Magnesium	6%

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Diet Cola

Nutrition Facts	
Serving Size 1 can (12 oz) / Servings Per Container 1	
Amount Per Serving	
Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Potassium 30mg	1%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	0%
Protein 0g	0%
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%
Vitamin D	0%
Riboflavin	0%
Niacin**	0%
Vitamin B-12	0%
Phosphorus	4%
Magnesium	0%

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Sports Drink

Nutrition Facts	
Serving Size 1 bottle (20 oz) / Servings Per Container 1	
Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 240mg	10%
Potassium 60mg	2%
Total Carbohydrate 38g	1%
Dietary Fiber 0g	0%
Sugars 32g	64%
Protein 0g	0%
Vitamin A	0%
Vitamin C	4%
Calcium	0%
Iron	2%
Vitamin D	0%
Riboflavin	0%
Niacin**	6%
Vitamin B-12	0%
Phosphorus	6%
Magnesium	0%

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