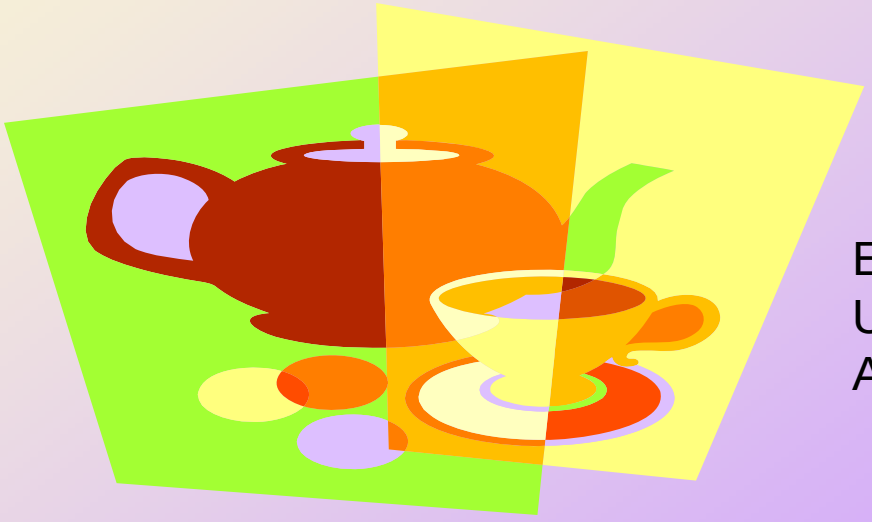
Searching for Healthy Drinks



ESL 4 & ESL Literacy Classes
UBP, School 2, OACE
April 14. 2008

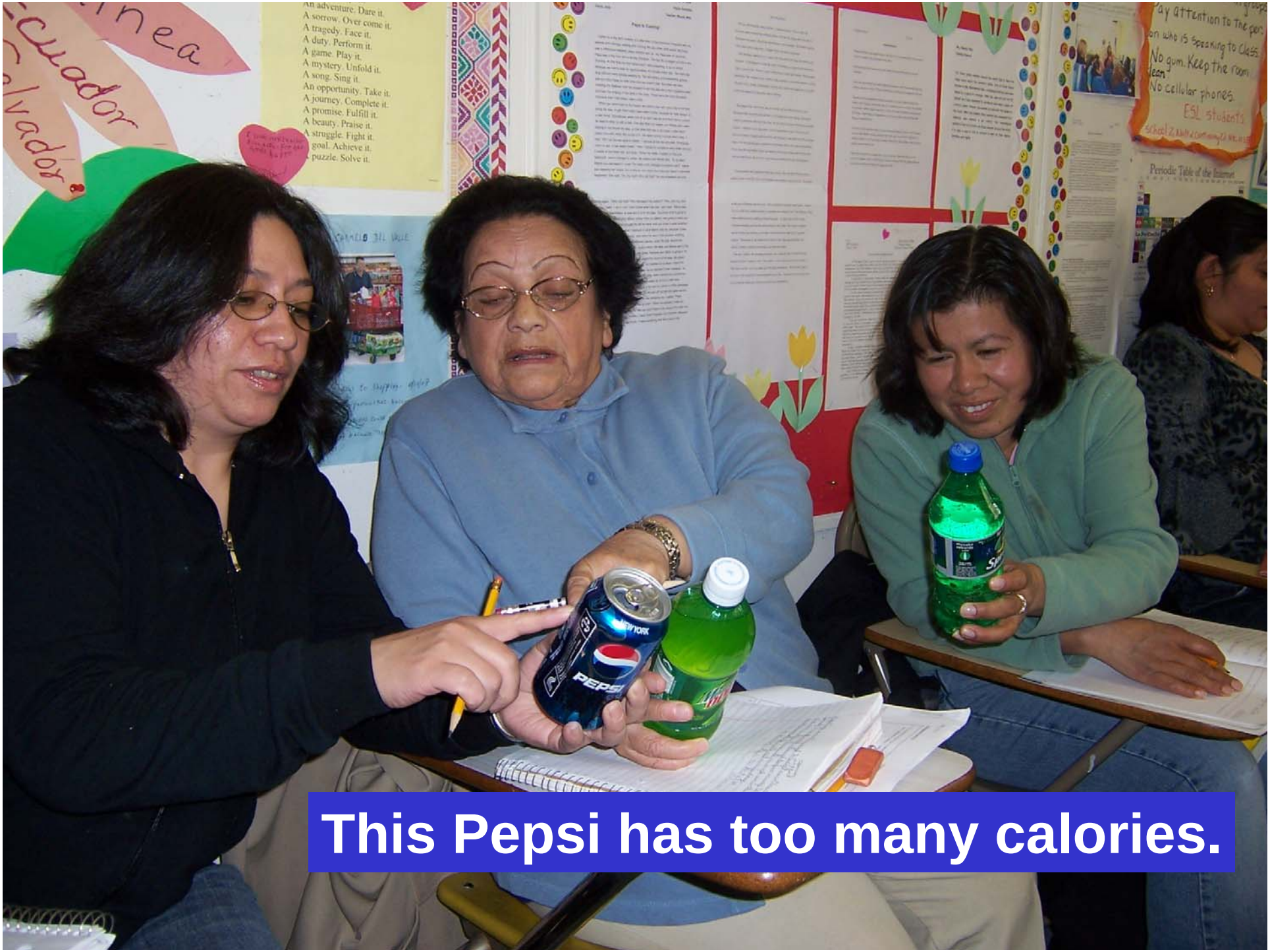

Students brought different beverages to the class for the research: Which drinks are healthy?
Cranberry
Ocean Spray
Coca-Cola
classic
Poland Spring
Mountain Dew
ORANGE JUICE
JUICE
Coke
Coca-Cola
cherry
Seagram's
Sierra Mist
2008/03/25

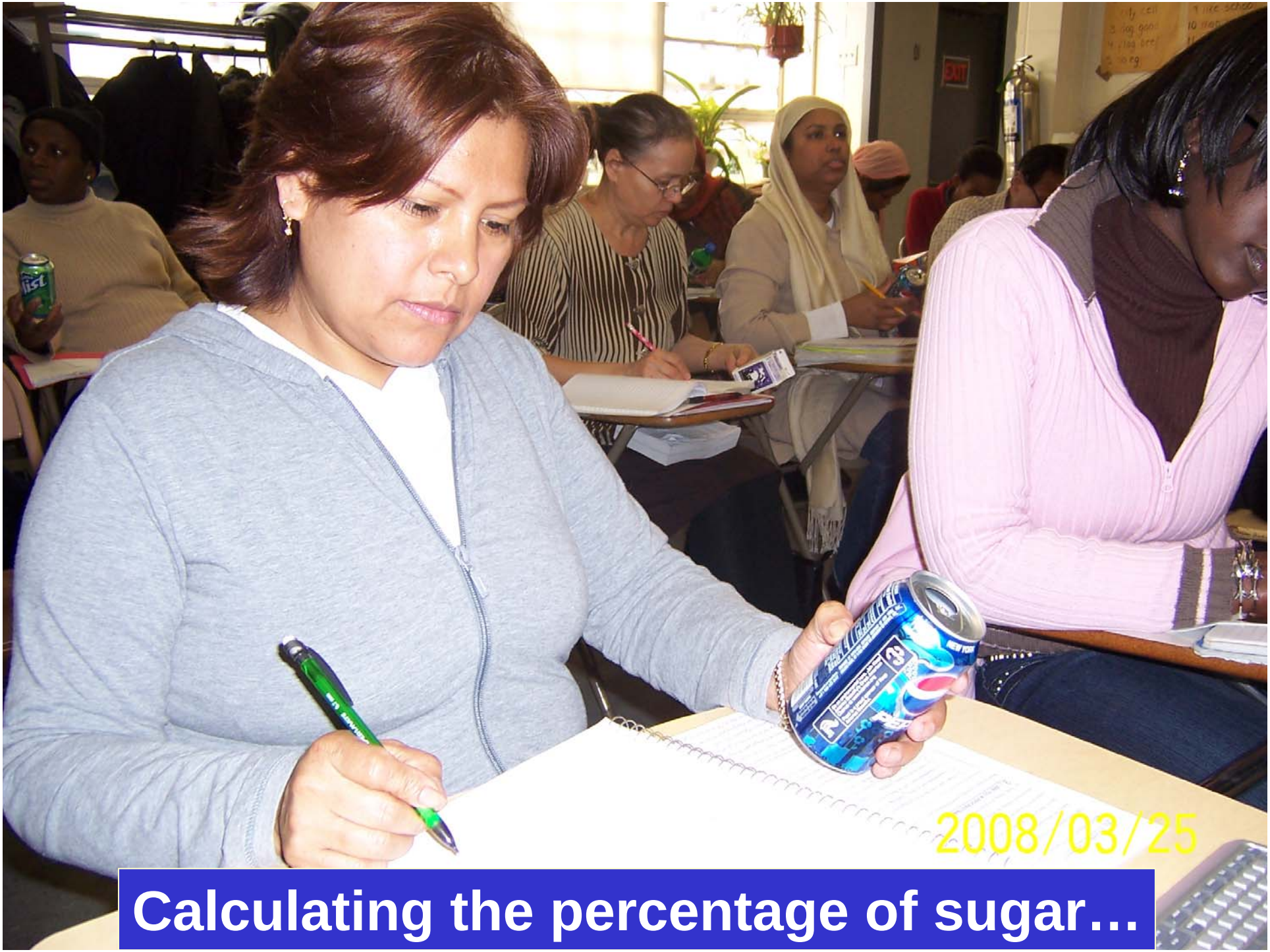
ESL literacy students identify daily drinks

Learning nutrition facts


"WOW! There are 65 grams of sugar in a 20 fl. Oz. bottle of Coca-Cola!"
Sugar per serving


The class watches the demonstration attentively.
2008/03/25


This Pepsi has too many calories.



Calculating the percentage of sugar…


Indeed, 1 % milk
has much less fat.

Our data collection shows which drink is the “sugar king.”

COKE!!!

Break Time! Only 1% milk allowed!

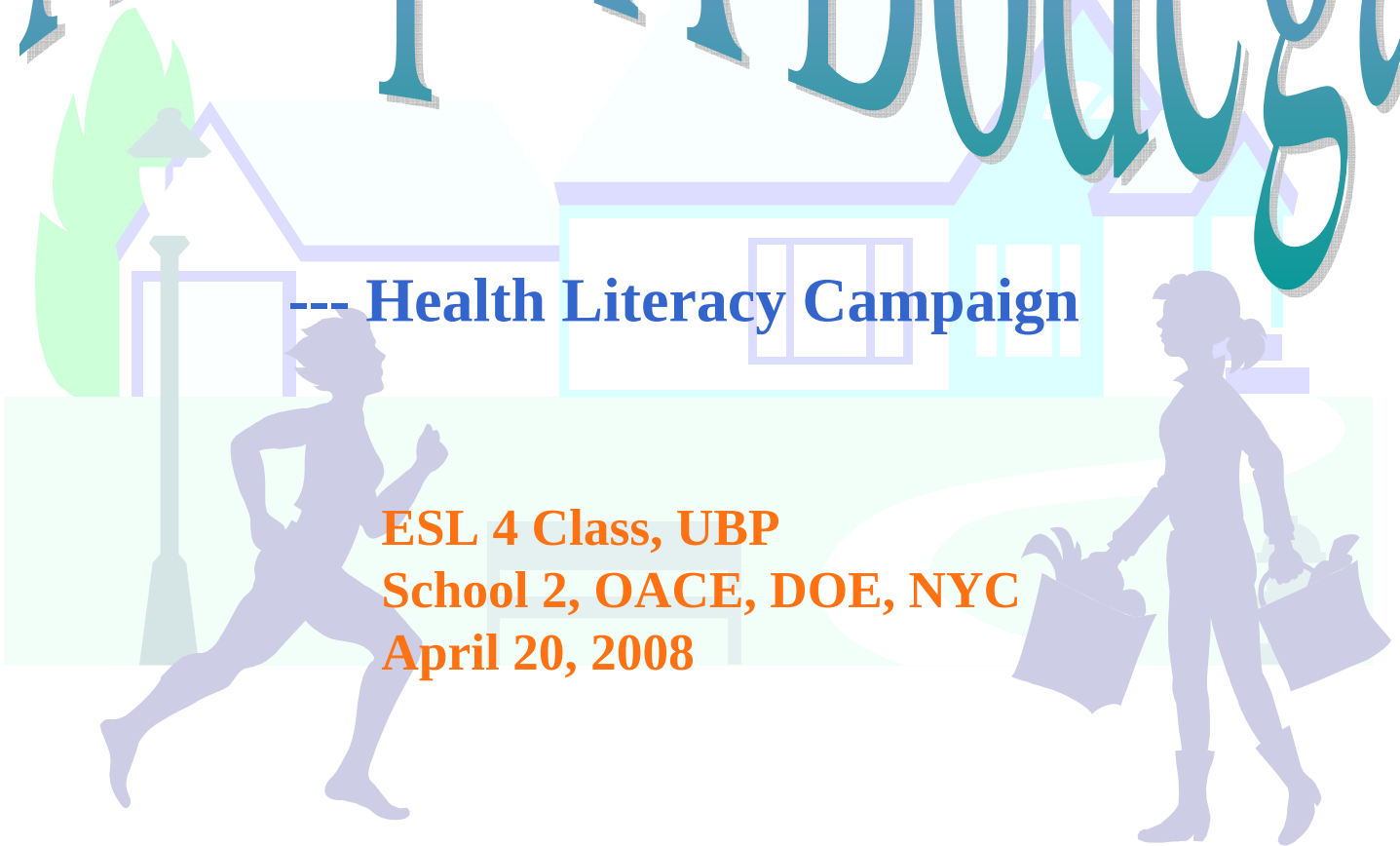

Break Time is also Fruit time…


JAZZ CHANT:
Which drink is healthier?

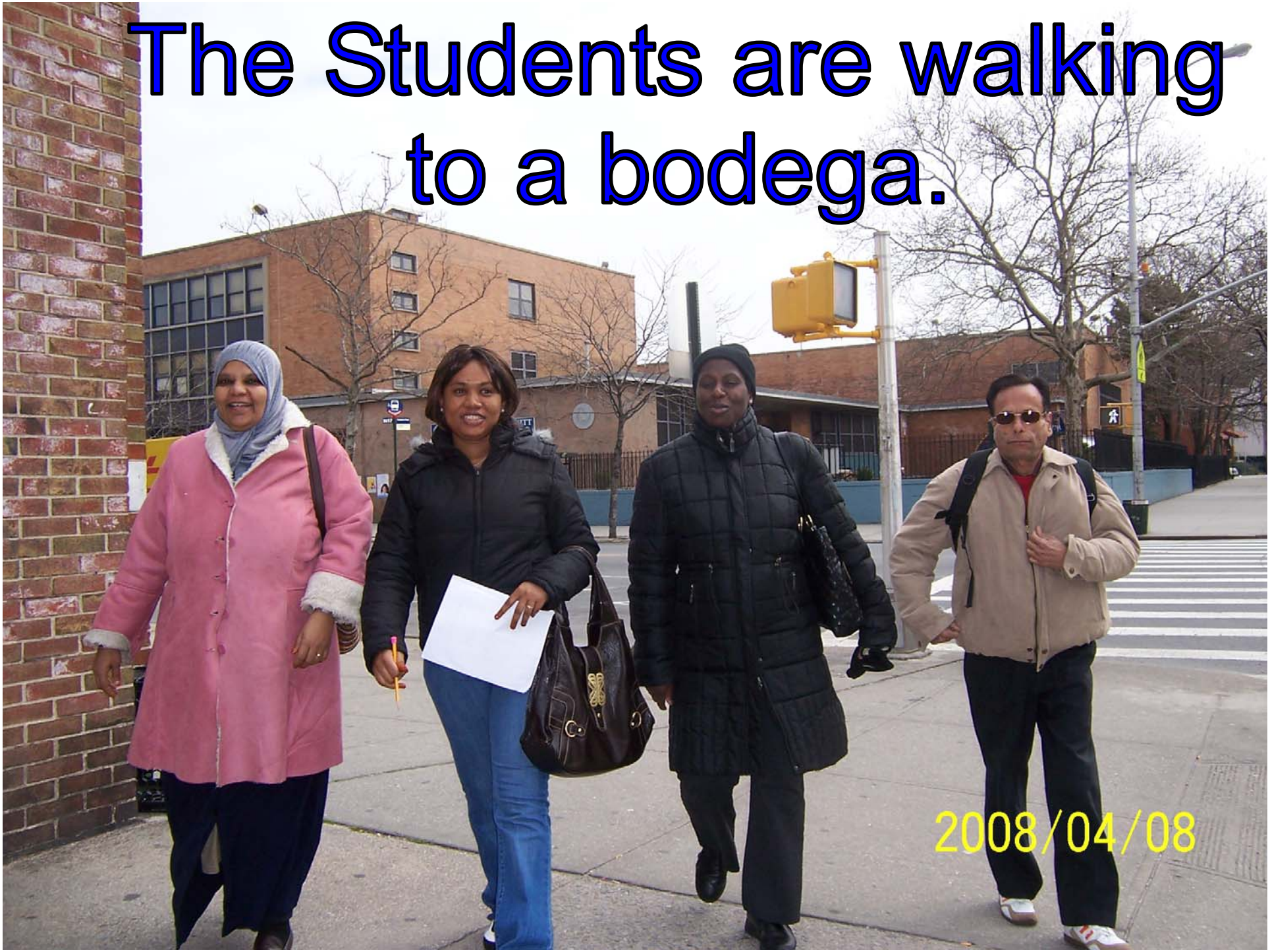
WE TOAST OUR LEARNING WITH 1% MILK…

Adopt A Bodega

--- Health Literacy Campaign



ESL 4 Class, UBP
School 2, OACE, DOE, NYC
April 20, 2008


The Students are walking to a bodega.
2008/04/08


JM DELI
HOT & COLD SANDWICHES · COFFEE
NEWSPAPERS · CIGARETTES · COLD
This bodega is
around the corner
from our school.
MEDICAL OFFICE
NO SMOKING
ATM
INSIDE
2008/04/

Ingrid and Arelis observing different products

2008/04/08


Health label detail detectives…
2008/04/08


Let's examine
this one!
2008/04/08

Elizabeth and Dambie

Reading the Labels on the Bottles


Making a healthy drink inventory…

Juice Analysis Findings

Name of Drink	Sugar per Serving
Mountain Dew	31 g
Snapple Ice Tea	23 g
Pepsi	41 g
Sprite	26 g
Sierra Mist	39 g
Seltzer Water	0 g
Coca Cola	39 g
Twisty Soda	35 g
Cranberry Juice	33 g
Ruby Red Grapefruit	29 g
Orange Juice	22 g

Look! They have all kinds of milk - even fat-free.

Milk Analysis Findings

Contents	Whole	2%	1%	Half & Half	Skim Non fat	Soy Bean
Total Fat	8 g	5 g 8%	2.5 g	3 g 5%	0 g	1.5 g
Saturated Fat	5 g	3 g 15%	1.5 g	2 g 10%	0 g	0 g
Trans Fat	0 g	0 g 0 %	0 g	0 g 0%	0 g	0 g
Cholesterol	35 mg	20 mg 7%	10 mg	15 mg 4%	130 mg	40 mg
Sodium	120 mg	130 mg 5%	130 mg	15 mg 1%	130 mg	90 mg
Total Carbohydrate	12 mg	12 mg	12 mg	2g 1%	12 g	14 g
Dietary Fiber	0 mg	0 g %	0g	0 g %	0g	2 g
Sugar	11 mg	12 mg	13 mg	=	12 g	7 g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Starburst
Schweppes
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"You have convinced me
to start selling healthy drinks!"
2008/04/08