



American
Heart
Association.

HEART FACTS

No. 5



The extra calories in sugary drinks can not only pack on the pounds, but they usually don't provide the important nutrients your body needs. Some studies have even suggested that the body doesn't recognize calories from sugary drinks the same way it recognizes calories from food.



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Directions:

Lead students to discuss why they like sugary drinks. Then lead them to discuss the effects sugary drinks can have, such as weight gain and tooth decay. Guide students to consider better beverage choices, such as water and milk. To follow up, have each child write a cheer, rap, poem, or slogan titled "Choose This!"