



# Physical Fitness

## Activity 1: Sugary Drinks

### Overview

In this activity students will focus on and discuss why children and teens choose sugary drinks as apposed to water and increase their chances of being overweight.

*Suggested length: 60 minutes*

### Materials

- Sugar cubes
- Water and soda drinks
- Notebooks and pencils
- Posters and markers

### Instructions

1. Ask the students to separate into groups of four and to do as many push-ups as they can in one minute with a sugar cube under their tongue.
2. Offer them to drink either water or soda drinks.
3. Students brainstorm for 10 minutes about how they felt doing the push-ups, how the sugar cube made them feel, and what drink they had afterwards.

### Discussion

Students come back together and form groups of up to eight. Moderated by a mentor or teacher, they discuss the following questions:

- How did the sugar cube affect the number of push-ups you did or how did you feel doing them?
- Why did the sugar cube make you thirsty?
- Why is water good for you?
- What makes teenagers choose soda over water?

### Assessment

Ask the students to create an informative story on the topic and to present it to the class in the form of a short skit, a poster, an informational pamphlet, a song or a video.