

# DRink think

Unscramble the letters to answer these questions

What is a drink that makes me think about strong bones that can help me skate the rink?

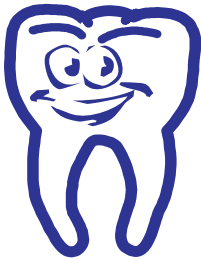
m l k i

\_\_\_\_\_

What drink do I think when I'm hot and thirsty?

a t w e r

\_\_\_\_\_



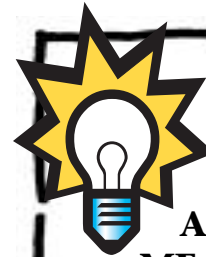
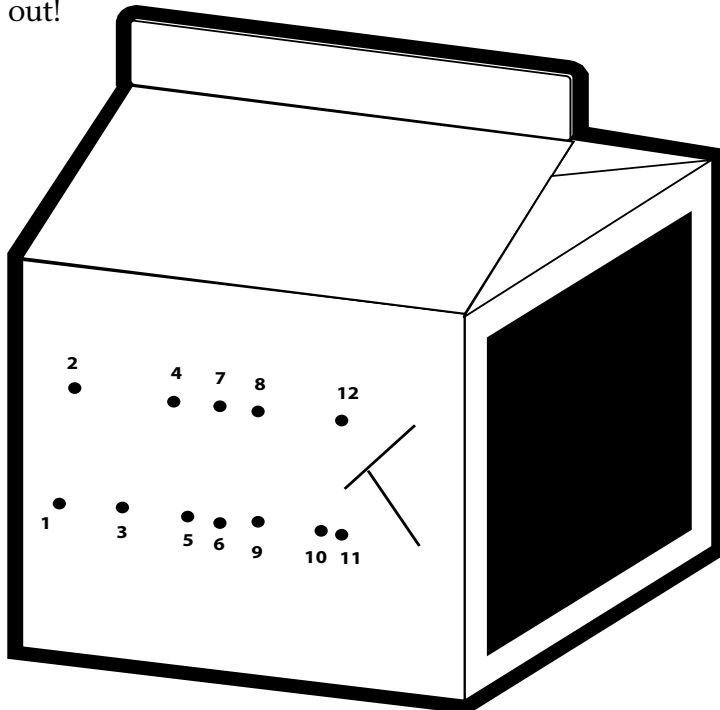
Terri Tooth knows: With this drink, it is best to think, only once in a while.

s d o a

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## what is the DRink to think 3-a-Day?

Connect the dots to find out!



## Idea:

A FUN Healthy ME Way to PLAY!

### the MIRROR game

- Choose a friend to play the game.
- Think of your favorite healthy drink.
- Tell your friend to be the "mirror" and repeat your moves!
- Make up silly moves that help you act out your favorite drink.

*A silly move to get you started:* Act out a cow to "think milk." See if your friend can guess your drink.

Brought to you by:



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O	S	T	A	K	O	V	I	W
R	W	A	T	E	R	Z	Q	R
O	E	L	P	P	A	U	H	B
S	A	I	B	F	N	S	E	K
G	D	X	G	S	G	J	O	X
F	O	A	N	H	E	L	M	H
T	S	M	O	O	T	H	I	E
A	E	H	U	S	Z	A	L	F
W	Q	E	B	V	A	R	K	O

**Find and circle the words that help you *DRink Think*.**

*Words can go forwards, backwards, up, down and diagonal.*

MILK...*a 3-A-Day drink*

WATER...*think this drink when you are hot and thirsty*

ORANGE...*think 100% juice*

APPLE...*juice is fruit without fiber*

SMOOTHIE...*a drink made with milk (or yogurt) & fruit*

SODA...*a once-in-a-while drink*

EIGHT...*the number of ounces in a 1 cup serving*

**Think about your drinks and write a healthy goal.**

Healthy Drink Think goal-setting examples:

- Choose water more often
- Choose less soda
- Choose at least 3-A-Day of low-fat milk

## Active Play

Think about your day and how to get an extra 5 minutes in motion. *Write your ideas.*



**A thought:** Take a 5-minute break to stretch when you are watching TV or doing homework at night.

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**Drink Think:** After active play, what is your favorite drink?

## Do You know



Each 12 oz. can of soda has about 10 tsp. of sugar.

If you drink a 12 oz. can of soda a day, how many cups of sugar would you have in 1 year?

*Answer: 76 cups!*

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