

21 HEALTHY BEVERAGE MATH

PURPOSE

This activity teaches young workers about the hidden costs of sweetened beverages and identifies healthier and cheaper alternatives. Recent research indicates that many people get as many as 1/3 of their daily calories from sugary drinks. These calories add up to extra pounds. Raising awareness about sweetened beverages can help young workers choose a less expensive, healthy alternative.

ACTIVITY TIME

Approximately 15 minutes

PREPARATION

- Worksheets are included in the activity book on page 47. Alternatively, you can print the worksheets from the website. The worksheets can be found at: **www.promotingusafetyhealth.com** Click on "Start the Conversation Activities," then find the "Healthy Beverage Math" activity and click on the "Handout" link. Print one worksheet per attending staff member, letter size, double sided.
- Print PUSH Cards.

DIRECTIONS

Supervisor reads out loud

Supervisor reads out loud

SUPERVISOR READS QUESTION

- ✘ *Do not read out loud*



A NIOSH CENTER OF EXCELLENCE

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BACKGROUND

Your body is about 2/3 water. Consuming water each day is really important. You can live for up to 30 days without food, but if you don't get water for 3 to 5 days it will likely be fatal.

Even if you are drinking a little water, when your body doesn't have enough of it, your performance drops and you are more likely to make a mistake or be injured on the job.

So, how much water do you need?

The answer is: it depends. A good goal is to drink about 2–3 liters of water per day. If you are working in a hot environment, exercising, or sweating, drink more.

Water is free and good for you.

Lots of us enjoy drinking beverages that taste good. Can some of you guys name some of your favorite beverages?

✘ *Let staff answer.*

Sugary drinks are great treats to enjoy from time to time, but I have some bad news...soda, sports drinks, and caffeinated products have a lot of sugar. Sugar is what we call “empty calories,” which means they have very little nutritional value.

Research indicates that many people get up to 1/3 of their daily calories from sugary beverages.

These empty calories add up to pounds and as a result, sugary drinks have become a major part of why obesity has become a major concern in the US. Sometimes people don't realize that their consume are like desserts; if they drink too many, they will gain weight.

ACTIVITY

Now we're going to shift gears and do a little math. You're going to get a worksheet with a drink and the number of calories in that drink. I'd like you to calculate how many football fields you'd need to walk in order to burn off the calories in that drink. Walking the length of 1 football field burns 5 calories. For example, if a drink contains 30 calories, it would take 6 football fields to work off those calories, because 30 divided by 5 calories equals 6. I'm going to give you a few minutes to figure these out.

✘ *Distribute the handout or ask employees to turn to page 47 in their activity workbooks. Give staff time to review. Help those that are struggling with the math.*

ANSWERS

How many football fields would you need to walk to burn the calories in:

- ☉ Black Coffee: 0 football fields
- ☉ Mocha: 40 football fields
- ☉ Coke: 28 football fields
- ☉ Red Bull: 23 football fields
- ☉ Orange Juice: 27 football fields
- ☉ Water: 0 football fields

Now that we know how many football fields it would take to burn off these drinks, let's find out how fast we can burn a hole in our wallet!

For example, a carton of chocolate milk costs \$1.49. If you drank a carton of chocolate milk 4 times per week, how much money would you spend on chocolate milk in 1 month, or 4 weeks?

Answer: \$23.84!

Now let's try it for the drinks on your handout. Let's say you consume these drinks every day of the week. How much would you spend in 30 days? The costs are on there.

- ☉ Black Coffee: \$60
- ☉ Mocha: \$105
- ☉ Coke: \$30
- ☉ Red Bull: \$67.50
- ☉ Orange Juice: \$52.50
- ☉ Water: \$0

What do you guys think? Are you surprised? Not only do some of these drinks contain a lot of calories, they're also expensive, especially if purchased daily. Drinking water instead is not only good for you—it will save you money.

PUSH FORWARD

✘ *Pass out PUSH cards.*

On your card is a link to the Promoting U through Safety and Health page (www.promotingusafetyhealth.com). If you follow this page you can learn about other ways to stay safe at home and at work.

21 HEALTHY BEVERAGE MATH WORKSHEET

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BLACK COFFEE

CALORIES: 0

COST \$2.00

NUMBER OF FOOTBALL FIELDS: $0/5 =$ _____

COST FOR 30 DAYS: $30 \times 2.00 =$ _____



MOCHA ESPRESSO DRINK

CALORIES: 200

COST \$3.50

NUMBER OF FOOTBALL FIELDS: $200/5 =$ _____

COST FOR 30 DAYS: $30 \times 3.50 =$ _____



COLA

CALORIES: 140

COST: \$1

NUMBER OF FOOTBALL FIELDS: $140/5 =$ _____

COST FOR 30 DAYS: $30 \times 1 =$ _____

111

INK

OTBALL FIELDS: $115/5 =$ _____

AYS: $30 \times 2.25 =$ _____

CE

OTBALL FIELDS: $135/5 =$ _____

AYS: $30 \times 1.75 =$ _____

OTBALL FIELDS: $0/5 =$ _____

AYS: $30 \times 0 =$ _____

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