



CSF10

COOKING SKILLS AND FOOD

Rethink Your Drink

Time: 70 Minutes

Sip smarter with easy drink swaps. Replacing sugary drinks with delicious, infused water can help you achieve your healthy goals!

OBJECTIVES:

Describe the benefits of drinking beverages without added sugars.

List three tips for sipping smarter.

SETUP

- Review resource list and print it out. Purchase all necessary supplies after reviewing the [HFL Cost Calculator](#).
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO (10 Minutes)

- Welcome participants and introduce yourself.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Give a brief description of the educational experience.
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the [Welcome Toolkit](#).

DEMO (10 Minutes)

- Play video(s) or demonstrate content (see demo script).

ACTIVITY (20 Minutes)

- Participants will practice making a healthy beverage.

RECAP (10 Minutes)

- Pass out handout(s) and invite participants to taste their healthy beverage while going through the handout(s) together.

GOAL SETTING/CLOSING (20 Minutes)

- Engage in a goal setting activity from the bank of options provided in the [Welcome Toolkit](#). Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.)



NOTES: Read legal liability disclaimer before activity: [Food Liability Disclaimer](#). Refer to Resource List for all necessary supplies and handouts. This Healthy for Life® Educational Experience was created by Aramark and the American Heart Association as part of our Healthy for Life® 20 By 20 Initiative. We are proud to be working together to help improve the health of all Americans.

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HANDOUTS/VIDEOS

Find these resources on AHA's YouTube channel or heart.org/healthyforgood

- Video - [Infused Water Recipes](#)
- Infographic - [Sip Smarter](#)

Find these resources in this lesson

- Handout - [Infused Water Recipe Ideas](#)
- Handout - [Sip Smarter](#)
- Handout - [Setting SMART Goals](#)

SPACE SETUP

- Chairs and tables for participants
- Demo table
- Pens for participants
- Folders
- Computer, internet access, and projector, if available

ACTIVITY INGREDIENTS* AND SUPPLIES**

Please choose one of the recipe ideas found on the Infused Water Recipe Ideas handout and purchase the appropriate ingredients.

- Water*
- Ice
- Fruits of choice (e.g. cucumber, lime, orange, blueberries, etc.)
- Optional: herbs of choice (e.g. mint leaves, rosemary, etc.)
- Large pitcher**
- Chef's knife
- Cups (for serving)

*Recipe serves 32 people (1 cup/person); please multiply ingredients as necessary for your participants.

**Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.



Today, we are going to go through some tips for switching to healthier drinks that can quench your thirst and still taste good!



Cut back slowly – If you drink sugary beverages like sodas and sweetened teas on a regular basis, start cutting back now. Try replacing those beverages with some tasty infused water.



Read those ingredients – Beverages, like energy drinks, can be deceiving because they advertise that they are healthy but are usually loaded with calories and sugar. Common forms of added sugars are sucrose, glucose, fructose, maltose, dextrose, corn syrups, concentrated fruit juice, and honey. Also, look carefully at the label because one container may be considered more than one serving, which can double or triple the amount of sugar you're consuming.



Work up to water – We're used to hearing we should drink water every day, but that can seem like a challenge if you don't enjoy it. Here are a few ideas for making water more available and enjoyable:

- Carry a refillable water bottle or keep a drinking glass with you during the day.
- Add slices of orange, lemon, or even cucumber for a boost of flavor.
- Try sparkling water with a splash of 100% fruit juice.



Join the juicing trend – You may have seen infomercials for juicers or read articles about the benefits of making and drinking your own fruit and vegetable juices. These homemade juices can be OK – up to a point. It's always better to eat produce instead of drinking it as you get fiber from the skin and pulp that can be strained out by a juicer. Remember, it's easy for the calories from fruit juice to add up quickly.



Sip a smoothie – When you are in the mood for a milkshake or want an afternoon snack, stay on the heart-healthy track with a budget-friendly homemade fruit smoothie! Blend ½ cup frozen unsweetened fruit with ½ cup fat-free plain Greek yogurt and ½ cup fat-free milk.



If you don't have a blender, mix together ½ cup of small pieces of fresh fruit with the yogurt and milk, then freeze for one hour. Experiment with different fruit combinations like mango-pineapple or strawberry-blueberry. You can also find some delicious [smoothie and other beverage recipes](#) on the AHA website.

Rethink Your Drink Activity Script

Divide participants into teams to practice making one of the easy infused water recipes (found in the Infused Water Recipe Ideas handout).

Invite group members to pick up their resources (recipe, ingredients, and cooking supplies) at the demo station. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



Today, we are going to make delicious infused water.



Once everyone has finished making the recipe, pour it into cups and share with your team.



What's better than plain water? How about flavor-infused water? Making your own infused water is a refreshing and easy way to stay hydrated. Here are 10 simple ideas to make water more flavorful:

1. Put 2 thinly sliced medium cucumbers in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.
2. Put 2 thinly sliced medium cucumbers, half a lime, and 6 or more sprigs of cilantro in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for four to eight hours.
3. Put 3 mandarin oranges (separated into wedges) and 2 handfuls of blueberries in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
4. Fill a pitcher halfway with water. Gently place 2 segments of grapefruit (with the peel removed) and 2 sprigs of rosemary in the water. Cover with ice and water to fill the pitcher. Refrigerate overnight.
5. Put half a lemon and half a lime (both thinly sliced) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
6. Put 1 orange and 1 lemon (both thinly sliced) and 1 handful of mint leaves (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate overnight.
7. Put 4 quarter-size pieces of peeled fresh ginger root and 1 cup of fresh or frozen unsweetened mango in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for one to three hours.
8. Put half a lemon (thinly sliced), 6 to 8 strawberries (hulled and quartered), and 1 handful of basil (torn into small pieces) in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.
9. Put 4 handfuls of thinly sliced grapes, 20 to 24 basil leaves (torn into small pieces), and a squeeze of lime juice in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to three hours.
10. Put 4 cups of small pieces of watermelon and 4 to 6 sprigs of mint in a pitcher. Cover with ice and water to fill the pitcher. Refrigerate for two to eight hours.

These are just a few easy ideas for infusing water to make it tastier. Get creative and think outside the bottle! Come up with your own interesting combinations to make hydration more flavorful.



Healthy For Good™



SIP SMARTER

Replace sweetened drinks to cut back on added sugars and empty calories.

REPLACE SUGARY BEVERAGES...

- full-calorie soft drinks
- energy/sports drinks
- sweetened “enhanced water” drinks
- sweet tea
- sweetened coffee drinks

WITH BETTER CHOICES!

- The best thing you can drink is water! Try it plain, sparkling or naturally flavored with fruit or herbs.
- Drink coffee and tea without added sugars for a healthier energy boost.
- For adults, diet drinks may help replace high-calorie sodas and other sugary drinks.

THE FACTS MAY SURPRISE YOU.



Most Americans consume nearly **20 TEASPOONS** of added sugars **EACH DAY.**

That's more than **TRIPLE** the recommended daily limit for women and **DOUBLE** for men!



Sugar-sweetened beverages like soda and energy/sports drinks are the

#1 SOURCE OF ADDED SUGARS IN OUR DIET.



A can (12 FL OZ) of regular soda has about **150 CALORIES AND 10 TEASPOONS** of added sugar.

TRY THESE TIPS TO QUENCH YOUR THIRST WITH LESS ADDED SUGARS



START CUTTING BACK.

Take steps to reduce or replace sugary drinks in your diet:

REPLACE most of your drinks with water.

REDUCE the amount of sugar in your coffee or tea gradually until your taste adjusts to less sweetness.

ADD plain or sparkling water to drinks to keep some of the flavor with less added sugars per servings.



CHOOSE WATER.

Make water the easy, more appealing go-to choice:

CARRY a refillable water bottle.

ADD a splash of 100% fruit juice or slices of citrus, berries and even cucumbers for a boost of flavor.

TRY seltzer, club soda or sparkling water if you crave the fizz.



MAKE IT AT HOME.

Family favorites like hot chocolate, lemonade, smoothies, fruit punch, chocolate milk and coffee drinks easily can be made at home with less added sugars.

START WITH UNSWEETENED beverages, then flavor to taste with additions like fruit, low-fat or fat-free milk, and herbs and spices.

Get great recipes for beverages and more at HEART.ORG/RECIPES.



READ THE LABEL, AND CHOOSE WISELY.

Some drinks that appear to be healthy may be high in calories and added sugars. Check servings per container and ingredients list.

Added sugars go by many names, including sucrose, glucose, maltose, dextrose, high fructose corn syrup, cane syrup, concentrated fruit juice, agave nectar and honey.

EAT SMART ADD COLOR MOVE MORE BE WELL

FOR MORE TIPS ON HEALTHY EATING, COOKING AND RECIPES: HEART.ORG/EATSMART

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
