

RETHINK YOUR DRINK!



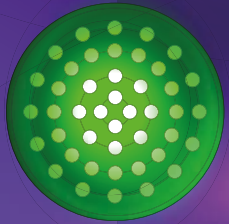
INSTRUCTIONS

STEP 1

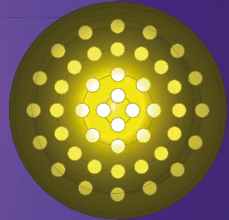
CUT OUT THE PICTURES OF THE DRINKS PROVIDED WITH YOUR ACTIVITY SHEET.

STEP 2

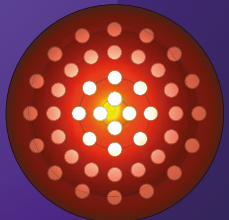
USE CRAFT GLUE, TAPE OR STICKY TACK TO PUT EACH DRINK IN THE CORRECT PLACE. IS IT HEALTHY OR UNHEALTHY? DOES IT CONTAIN LOTS OF SUGAR OR JUST A LITTLE?



DRINK OFTEN



DRINK OCCASIONALLY



DRINK RARELY

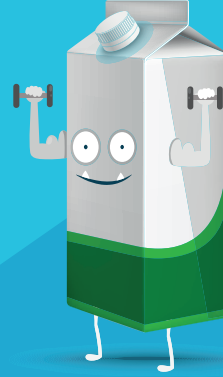
IF YOU DON'T HAVE SAFETY SCISSORS, ASK A GROWN UP TO HELP!



WATER



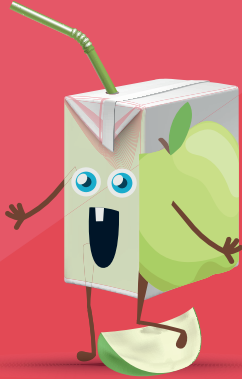
SEMI SKIMMED MILK



FRUIT INFUSED WATER



APPLE JUICE



DIET FIZZY POP (NO SUGAR)



HOT CHOCOLATE



FIZZY POP (FULL SUGAR)



ICED COFFEE



SPORTS DRINK

