

Jr. Chef Club - Level II

NEWS PARENTS CAN USE

Lesson 3
Soda

The Art of Tasty Beverages

Excellent Italian

Drink for Health

Today Jr. Chef students learned all about getting plenty of fluid each day for a healthy body.

Water keeps muscles hydrated so they don't get tired. Water can help keep the brain working well and prevent some headaches. Water does many other things too, such as aiding digestion, moving nutrients and wastes, regulating body temperature, and cushioning joints.

Jr. Chefs found out that they need to pay attention to their body whenever it signals thirst. Drinking when you're thirsty makes sure you get the fluids you need. As people age, the thirst signal might not work as well anymore, so a good guideline is to drink 7-8 cups of fluid each day.

Most beverages count towards satisfying thirst and getting the fluids you need. Whether it is water, milk, juice or herbal tea, your body makes good use of the water in those beverages.



What's In a Soda Can?



Whether it's a bottle or a can of soda, soft drinks do not help build strong, healthy bodies.

Soft drinks are loaded with sugar. An average can of pop has as much added sugar as you should have in an entire day. Even sugar-free sodas often have caffeine. And soft drinks do not have important vitamins and minerals.

Instead of soft drinks, give your family water with a lemon slice, milk, 100% juice, or try the tasty beverages Jr. Chefs learned to make today. Keep in mind that kids age 9 and older need 3 cups of milk or the equivalent every day to build strong bones. Drinking 3 cups of milk each day also helps satisfy our fluid needs!

Excellent Italian Soda

Makes about one cup.

3 tablespoons 100% frozen juice concentrate (any flavor), softened
 1/2 cup sparkling water
 1/4 cup low-fat or fat-free milk
 Several ice cubes

1. Put frozen juice concentrate into a glass.
2. Add sparkling water and milk. Stir it up.
3. Add a few ice cubes and enjoy.

Banana Shake

Makes about 2 cups.

1-1/2 cups reduced-fat or fat-free milk
 1 peeled and sliced medium banana, frozen
 1/2 teaspoon vanilla extract
 Cinnamon (optional)

1. Put all ingredients in blender.
2. Blend on high for about 20 seconds.
3. Pour into glass and serve.
4. Sprinkle with cinnamon, if desired.



Did you know...if you are in a hot climate or are physically active—you'll need extra water. Drink up!

**Just Do It!**

Forget the soda and be creative! Let your Jr. Chef pick out several different types of juice, herbal tea and non-sugar flavored waters. Then let them create their own low-sugar beverages. Try the recipes here or mix a variety of juices, such as V-8 with pineapple juice. Sound odd? Try it, you might like it!

Go easy on fruit juice though. Juice is concentrated so keep it to about 1 cup per day. Try small amounts of juice in sparkling water to for a boost of flavor without overdoing it on juice.

Remember also to serve nonfat or low-fat milk with each meal. Children 2-8 years old need two cups per day, and everyone aged 9 and older needs 3 cups a day for bones strong enough to last for life.

Information provided by Washington State University Extension's *Food Sense*. This material funded in part by USDA-Food Stamp Program, state and local government agencies. *Basic Food* assistance helps people with low incomes. To find out more, contact your local DSHS-Community Service office. Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.