



Nutrient Scavenger Hunt

Have students read labels on different drinks to compare nutrient content and assess their own current nutrient intake from beverages.

Materials:

- Juice “drink” box
- Soft drink bottle
- Milk carton
- “Nutrient Scavenger worksheet”

Calcium and Vitamin D are both necessary for building strong bones. If kids get enough calcium when they are young, they’ll have a better chance of avoiding the bone-thinning disease osteoporosis.

This activity can be extended to both math and science. For a math activity, invite students to track their beverage consumption as a class and calculate the percentage of students who meet their daily calcium requirements. Can they make a connection between beverage consumption and meeting the requirements? As a science activity students can explore bone health and osteoporosis prevention.

To continue the learning experience, download a free [Think Your Drink](#) reproducible master (pdf).

Think Your Drink features nutrient bar graphs of eight popular beverages making it easy for your students to read the nutrient pluses and minuses of their favorite drinks.

Recommended Calcium Amounts:

Children 1-3 500mg (3 Milk Group servings/day)

Children 4-8 800 mg (3 Milk Group servings/day)

Teens 9-18 1,300mg (4 Milk Group servings/day)



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Find nutrition labels for a juice drink, soft drink, and milk. Fill in the nutrient charts. Then answer the questions below.

JUICE DRINK NUTRITION CHART:

Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____

SOFT DRINK NUTRITION CHART:

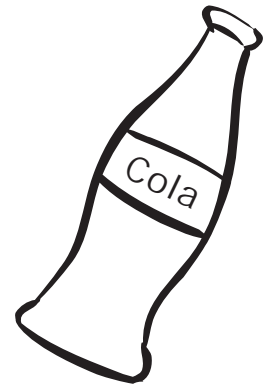
Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____



MILK NUTRITION CHART:

Calcium per serving _____

Protein per serving _____

Sugar per serving _____

Calories per serving _____

Vitamin D per serving _____

QUESTIONS:

You need calcium to build strong bones. Which drink gives you the most calcium?

There are 4 grams of sugar in one teaspoon. If you drank 3 cans of soda in one day, how many teaspoons of sugar would you consume? Where is sugar located on the Food Guide Pyramid?

You need protein for strong muscles. Which drink gives you the most protein in a serving?

Vitamin D helps your body use calcium. Which drink contains the most vitamin D?
