

# Healthy Drinks Taste Test

**Suggested Grades:** 4–12

**Estimated Time:** 25 minutes

**Materials:**

- Small disposable cups
- Materials and ingredients for preparing beverages chosen from table to the right

**Handouts:**

- Drink Smart, page 41

**TIP:** If you have extra time, have kids work on the Snacks & Drinks Crossword (page 36).

## In Advance

1. Set up stations around the room for kids to make and taste a variety of healthy drinks, using ideas in the table below.
2. Make sure each station has the appropriate equipment to create and serve the drink for that station.

**TIP:** Be sure you have enough adult assistants on hand. Determine in advance who will be placed at each station.

| Beverage                 | Ingredients   | How to Prepare   |
|--------------------------|---|--|
| <b>Fruit smoothies</b>   | See the Fruit Smoothies recipe.   | See the Fruit Smoothies recipe (page 52).  |
| <b>Flavored water</b>    | <ul style="list-style-type: none"> <li>● Lemons</li> <li>● Limes</li> <li>● Oranges</li> <li>● Cucumbers</li> <li>● Fresh mint, rosemary, or other fresh herbs</li> </ul> | <ul style="list-style-type: none"> <li>● Rinse and slice fresh lemons, limes, oranges, and cucumbers.</li> <li>● Snip mint leaves, rosemary, or other fresh herbs.</li> <li>● Fill several pitchers with ice water. Add any combination of the ingredients to each pitcher.</li> </ul> |
| <b>Fruit-juice sodas</b> | <ul style="list-style-type: none"> <li>● Seltzer</li> <li>● Variety of 100% juices</li> <li>● Lime</li> <li>● Optional: Lemon, orange, or other citrus slices</li> </ul>  | <ul style="list-style-type: none"> <li>● Fill a large pitcher, ½ juice and ½ seltzer water.</li> <li>● Rinse the lime, cut in half, and squeeze the juice from the two halves into the pitcher.</li> <li>● Mix well. Add ice before serving. Add fruit slices, if using.</li> </ul>    |

## With Kids

1. Explain how each beverage is prepared. Assign kids to a starting station.
2. Have each group of kids prepare a beverage at their station, making enough for the entire group to sample. When the groups finish preparing their beverages, invite them to move to the next station and taste the healthy beverage another group has made. Continue this process, allowing kids to sample all the beverages.
3. When everyone is finished sampling, engage kids in discussion.
 

**Ask:** Which healthy drinks did you enjoy the most? Why? Which would you like to make at home for your family? Pass out the **Drink Smart handout** and encourage kids to make these healthy drinks at home.