

The Juice Glass Game



Eating too much food can make you gain weight.

Coach Note: Read this page to yourself, to get ready for the activity.

Purpose of Activity

To practice how to choose the right amount of juice

Teaching Points

1. $\frac{1}{2}$ cup or 4 oz. is the right amount of juice for one day.
2. Choose a favorite small glass for juice.
3. Drink water when you are thirsty.



What You Need

Place these things nearby:

- 1 tall glass, 12-20 oz.
- 1 small juice glass, 4 oz.
- 1-cup measuring cup (in kit)
- 1 quart of orange juice
- Large bowl

Are You Ready to Play The Juice Glass Game?

It's easy to drink too much orange juice.

- What kinds of juice do you like?
- Orange juice is a healthy drink.
- It is easy to drink too much orange juice if you pour it into a large glass.
- Orange juice tastes so good, we want to keep drinking more.
- Drinking a quart of orange juice, like this one, is like drinking 8 servings.
- Drinking too much orange juice can make you gain weight.
- One small glass of orange juice a day is just the right amount.



Let's Practice: What size glass is the right size?

- How many servings of orange juice are in a tall glass?
- Let's find out together.

- Fill the tall glass with orange juice.
- Pour juice from the glass into the measuring cup, up to the $\frac{1}{2}$ -cup line.
- Empty the measuring cup into the big bowl.
- Pour $\frac{1}{2}$ cup at a time until the tall glass is empty.
- Count how many times you emptied the measuring cup.
- How many servings of juice are in the tall glass?
- Pour $\frac{1}{2}$ cup of juice into a small glass. That is the right size glass for juice!



Turn the page to find some helpful hints!

Let's Review: You've Learned About Juice!

Drink Just the Right Amount of Orange Juice.

Here's how:

- Use your favorite small glass for juice.



- If you're thirsty for more, drink water instead.

