****

**Inclusion in Secondary School**

**2018-1-DE03-KA229-047219\_4**

**Iasi, Romania, the 12-19th of May 2019**

**Wednesday, the 15th of May 2019**

**Topic *: Healthy Food***

**Activity 1 – Healthy/Unhealthy Drinks**

**Argument**

People enjoy having a drink . As there is a very large offer, we should chose the healthiest one.

**Objective:**

To analyse and compare the content of sugar in different drinks and to chose the healthiest/unhealthiest drink.

**Procedure:**

1.Purchase 8 different drinks that are approximatively the same size (including) water, milk, tea, juice and sodas.

2.Calculate how much sugar is in each drink by studying the labels (4 grams is equal to 1 teaspoon).

3.Set up the drinks in order from lowest to highest sugar content.

4.Decide for yourself which drinks are healthy and which are unhealthy.