



RETHINK WHAT YOU DRINK

is a three-part initiative designed to help youth, 9-12 years of age, make healthier beverage choices. Pre- and post-workshop as well as the workshop combine to provide youth with opportunities to critically analyze their beverage choices and strengthen their decision-making skills. An educator's package contains the pre- and post-workshop activities that the educator is required to implement.

Youth will learn about:

1. Nutritional content of common beverages
2. Portion sizes of beverages
3. Health impact of sweetened beverages
4. Principles of energy balance
5. Who and what influences choice selection

Rethink What You Drink is used as part of a comprehensive nutrition program for schools and community groups. The workshop is co-facilitated by a Toronto Public Health nurse and an educator or community leader.

For more information:

- Contact your School Liaison Nurse
- Call Toronto Health Connection at 416-338-7600

www.toronto.ca/health