

Beverages Intermediate

Grace is a junior at Valley High School. She is active in many activities and is involved in both track and field as well as the spring musical

Grace has just finished track practice. Her distance group ran four miles and several relays. She has just enough time to pick up a slice of pizza and a beverage before play practice or tomorrow's chemistry exam;

In health class, she learned that fluids are an important part of her diet. Nearly 60% of the human body is made of water. Dehydration is when the body loses water and salts.

The American College of Sports Medicine suggests drinking fluids to 1) regulate body temperature; 2) replace fluids lost through sweat; and 3) to stay properly hydrated. It recommends that active people drink before, during and after exercise and other active occasions.

Sports drinks often contain sodium, potassium and carbohydrates to replace calories and electrolytes lost during strenuous exercise. However, most exercisers need to worry about sodium, potassium or calories as these nutrients are plentiful in the American diet. Energy drinks contain high levels of sugar, caffeine, and other additives to increase energy which are not needed by the body. Because they are sold as nutritional supplements, energy drinks may not have the nutrition facts panel. Soda pop contains carbohydrates in the form of sugar and each 12 ounce can contains between 10 and 12 teaspoons of sugar, but no other nutrients. Diet pops are sweetened by sugar substitutes so contain no calories, but still have no other nutrients.

80% of all teen purchases including

Grace is concerned about hydration, wants to limit sodium & calorie intake and doesn't want to spend her whole budget on beverages. Which beverage should Grace choose?

Criteria:

- 1) Hydration
- 2) Nutrition - ↓sodium
- 3) Nutrition - ↓calories
- 4) Cost

Beverages Senior

Grace is a junior at Valley High School. She is active in many activities and is involved in both track and field as well as the spring musical

Grace has just finished track practice. Her distance group ran four miles and several relays. She has just enough time to pick up a slice of pizza and a beverage before play practice. She has a chemistry exam tomorrow.

In health class, she learned that fluids are an important part of her diet. Nearly 60% of the human body is made of water. Dehydration occurs when the body loses water and salts.

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30% of all teen purchases including

Grace is concerned about hydration, wants to limit sodium & calorie intake and doesn't want to spend her whole budget on beverages. Which beverage should Grace choose?

1

Gatorade Thirst Quencher

20 ounces for \$1.39

130 calories

270 mg sodium

75 mg potassium

35 g carbohydrates



#2

Mountain Dew

20 ounces for \$1.49

290 calories

100 mg sodium

77 g carbohydrates



#3
Red Bull

8.3 ounces for \$2.29
110 calories
200 mg sodium
28 g carbohydrates



#4
Aquafina Water

20 ounces for \$ 1.29

0 calories

0 mg sodium

0 mg potassium

0 g carbohydrates



Beverages

Placing: 4 – 1 – 2 – 3

Cuts: 5-2-1

I place this class of beverages 4 – 1 - 2 – 3.

I place 4 as an easy top to the class. The water will help re-hydrate Grace's body after exercise. It does not contain and is the least expensive beverage in the class.

In the top pair I place 4 over 1 because the water provides the fluid Grace's body needs after track practice. The cost is reasonable at \$1.29 for 20 ounces. 4 also does not introduce additional sodium or calories to her diet. Granted, 1 has the electrolytes that can be beneficial for strenuous physical activity; however, Grace's activity was not that strenuous.

In the middle pair I place 1 over 2. The Gatorade in 1 is \$1.39 for 20 ounces versus \$1.49 for the 20 ounce Mountain Dew. 1 also has less than half the calories of 2. Granted, 2 contains less sodium than 1, and

In the bottom pair I place 2 over 3. 2 provides nearly 12 more ounces of fluid than 3, provides less sodium than 3, and is less expensive than 3. Granted, 3 has less carbohydrates and fewer calories than the Mt. Dew in 2.

I fault 3 and leave it at the bottom of the class because it fails to adequately meet Grace's criteria. This is an expensive drink at \$2.29 for 8.3 ounces. It also has a warning on the label, that the level of caffeine can be unsafe for some individuals. Grace does not need an energy drink for her activity level, and it can prove harmful to her health.

For these reasons, I place this class of beverages as 4 – 1 – 2 – 3.

Cell Phone
Plans
Official
Placement:
3-4-2-1
Cuts:1,4,2

1-2-3-4 - 26
1-2-4-3 - 25
1-3-2-4 - 31
1-3-4-2 - 35
1-4-2-3 - 29
1-4-3-2 - 34
2-1-3-4 - 28
2-1-4-3 - 27
2-3-1-4 - 35
2-3-4-1 - 41
2-4-1-3 - 33
2-4-3-1 - 40
3-1-2-4 - 38
3-1-4-2 - 42
3-2-1-4 - 40
3-2-4-1 - 46
3-4-1-2 - 48
3-4-2-1 - 50
4-1-2-3 - 35
4-1-3-2 - 40
4-2-1-3 - 37
4-2-3-1 - 44
4-3-1-2 - 47
4-3-2-1 - 49