Curriculum Overview
Rethink Your Drink (Single Lesson)

Core Components
The California Department of Public Health (CDPH) Nutrition Education and Obesity Prevention Branch (NEOPB) developed the Rethink Your Drink Campaign to educate low-income adults about sugar-sweetened beverage consumption. The materials were developed and initially tested in English and Spanish to be applicable for the target audiences.

Rethink Your Drink (RYD) is a one-hour, interactive lesson that focuses on defining healthy beverages, reading nutrition facts labels and finding different types of sugar in the ingredient list on products. Handouts are provided in both English and Spanish.

Objectives
By the end of this lesson, participants will be able to:
1. Describe how healthy beverages fit into the MyPlate dietary recommendations.
2. Understand the link between sugary drinks, obesity, and type 2 diabetes.
3. Identify types of sugary drinks in their diets.
4. Calculate the amount of sugar in beverages they commonly drink.
5. Identify drinks with less or no added sugar.

Theoretical framework
RYD is based on adult learning theory. The lesson provides participants with information about sugar-sweetened beverages, shows them how to identify the amount of sugar in a product and leads them to decision making in regards to their personal choices for beverage consumption.

Setting & target audience
RYD is intended to be used with adults. It can be used with middle school and high school students as well, if more time is available with these audiences consider using the Rethink Your Drink High School lessons instead.

Number and duration of lessons
RYD is one lesson designed to be implemented in 60 minutes.

Recommended pacing
RYD is a single event lesson.
**Instructional order & strategies**
Rethink Your Drink Lesson

<table>
<thead>
<tr>
<th>Lesson</th>
<th>Title</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Welcome and Introduction</td>
<td>5 minutes</td>
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<tr>
<td></td>
<td>MyPlate Overview</td>
<td>5 minutes</td>
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<td></td>
<td>Rethink Your Drink Campaign</td>
<td>5 minutes</td>
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<td></td>
<td>Sugary Drinks Overview</td>
<td>10 minutes</td>
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<td></td>
<td>Nutrition Label Reading Lesson and Activity</td>
<td>20 minutes</td>
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<td></td>
<td>Do You Remember?</td>
<td>5 minutes</td>
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<td></td>
<td>Reflection</td>
<td>5 minutes</td>
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<td></td>
<td>Closing and Home Connection</td>
<td>5 minutes</td>
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**Core Activities**
All components of the lesson are required for curriculum fidelity.

**Optional Activities**
There is an optional water tasting outlined in the lesson. This gives participants a chance to taste a flavored water that can be enjoyed instead of a sugar-sweetened beverage.

**Materials**
Lesson materials, trainer materials, and participant handouts are all included in the lesson. Please see the link at the bottom of this document to download and print materials.

**Training**
Training materials are included with the curriculum lesson.

- Review curriculum overview.
- Review teachers guide and materials.
- Practice or talk through at least one lesson with another educator or your supervisor.
- Observe another educator teach a RYD lesson (if possible).

**Recipes**
Recipes should always support core content of lessons. RYD recipe cards are available for both flavored water and smoothies.

**Fidelity is...**
The extent to which a curriculum or program is delivered in accordance with the intended (and tested) design. This means:
• Using program materials
• Adhering to recommended pacing
• Keeping the program’s instructional order
• Utilizing the program ‘routines’
• All teachers using the same materials to equalize student learning opportunities and meet instructional objectives

Making adjustments while delivering with fidelity
You can make some adjustments to the curriculum without impacting fidelity. Examples include:
• Supplement core lessons with appropriate additional activities.¹
• Provide students with coaching, ongoing support, and individual instruction when needed.
• Adjust group size.
• Increase opportunity for students to engage and ask questions, and provide answers.
• Select different recipe.

Evaluation
Check with your supervisor for required evaluation tool and current evaluation protocol.

Link to curriculum:
The RYD lesson and all lesson materials can be downloaded from the Washington State SNAP-Ed Curriculum site: http://extension.wsu.edu/curriculum-fidelity/links-to-curriculum/

¹ Many curricula have several options for activities. Choose from these options first. If you plan to use additional activities, outside of the written curricula, please review with your supervisor to ensure they meet Snap-Ed guidance.