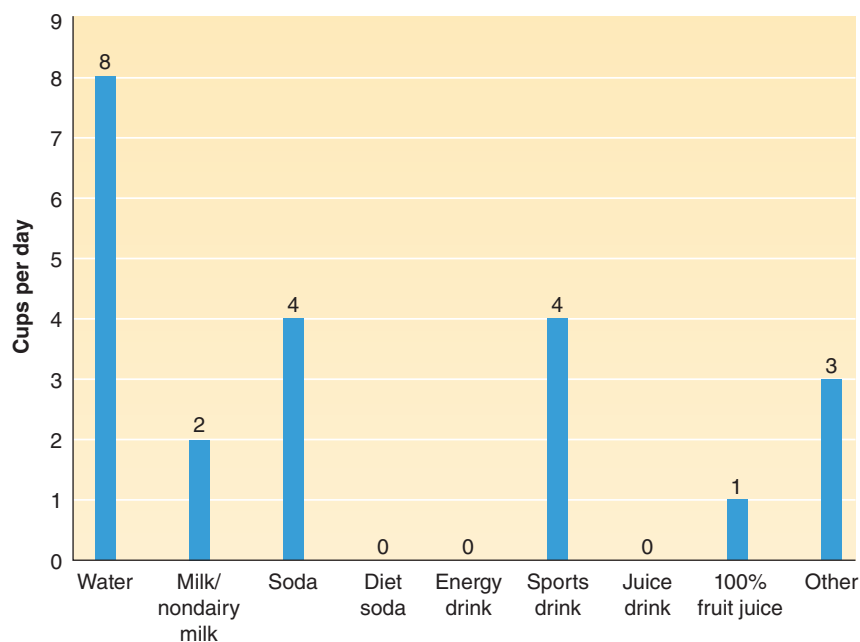


Chart Topper

Name _____

Using the data from your Water Logged worksheet, you will create a chart showing how much you drank of various types of beverages.

1. Using the table on page 2, convert all the drinks from your Water Logged worksheet into cups, and then total the amount for each drink category (milk, water, 100% juice).
2. Using the sample chart below as a guide, use the data from page 2 to create your own beverage chart using the blank chart on page 3.
3. Using your own beverage chart, answer the questions on page 4.



Category of drink	Number of cups
Water	
Milk or nondairy milk	
Soda	
Diet soda	
Energy drink	
Sports drink	
Juice drink	
100% fruit juice	
Other	

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

This image shows a single page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, leaving small margins at the top and bottom. There is no handwriting or other markings on the paper.Lesson 20—Go for H₂O 3

Questions

1. How many cups of all types of beverages combined did you drink?
2. What type of drink did you drink most? How many cups did you have?
3. What type of drink did you drink least? (Don't count categories of drink that you didn't drink at all.) How many cups did you have of the drink you drank the least?
4. How many cups of water did you have?
5. How many cups of all other drinks combined (that weren't water) did you have?
6. Which did you drink more of: water or nonwater drinks?
7. What was your healthiest drink? Why?
8. What do you think was your least healthy drink? Why?
9. What surprised you most about what you saw in your chart?
10. Are there any changes you could make to be healthier?

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).