Grab N Go Resources and Activity Ideas: Sport Drinks, December 2023

**Sport Drinks Powerpoint presentation contact ISC, FNIHB**

Alyssa Hoadley: Community Nutritionist

204-583-5817 or Alyssa.Hoadley@sac-isc.gc.ca

**Activity Ideas:**

* Sport Drink Truth and Myth powerpoint, contact FNIHB for interactive online activity
* Sugar shocker exercise but focus on the energy drinks and sports drinks content. (If you need help with ideas or how to set up the activity contact FNIHB)

**Web Based Resources:**

* Healthy Drinks, Healthy Kids Handout: [Healthy Drinks, Healthy Kids (albertahealthservices.ca)](https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf)
* Sport Drinks for Youth Handbook: [Sports Nutrition for Youth: A handbook for Coaches (albertahealthservices.ca)](https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-sports-nutrition-for-youth.pdf)
* Energy Drinks and Sport Drink Brochure: [Energy Drink Leaflet (gouv.qc.ca)](https://www.education.gouv.qc.ca/fileadmin/site_web/documents/loisir-sport/Depliant_Boissons_energisantes_VA.pdf)
* Sport Nutrition For Youth: What to drink before during and after activity module [Hydration Module:What to Drink Before, During and After (rampinteractive.com)](https://cloud.rampinteractive.com/cdmfa/files/2022/Coaching%20Resources/Hydration%20Resource.pdf)
* Time out on Sport Drinks Handout: [Time-out-on-Sports-drinks\_Healthy-Kids-Out-of-School-resource-for-coaches-and-parents-page-001.jpg (495×640) (realmomnutrition.com)](https://www.realmomnutrition.com/wp-content/uploads/2014/09/Time-out-on-Sports-drinks_Healthy-Kids-Out-of-School-resource-for-coaches-and-parents-page-001.jpg)