

In This Section

Provide water and low fat milk; limit or eliminate sugary beverages.

Drink water and low fat milk; limit or eliminate sugary beverages.

Water is Fuel for Your Body

Enlightening Facts About Juice

Make-Your-Own Sugar Bottle Display

Sports and Energy Drinks

Milk Taste Test

Have a Drink Plan

Drink Your Milk

Drink Your Milk: Answer Key

5210 Every Day! Water Posters

- Fill Up Here!
- Refresh!
- Thirst Quencher

For Growing Bones... Which Milk?

Fuel Learning with Milk

Find the Sugar

Find the Sugar: Answer Key