

MAKE YOUR OWN SODA-NATURALLY!



Teacher Directions

Organize a special tasting session where kids get to create their own soda naturally by combining their favorite 100% fruit juice(s) with seltzer water!

Art

Health

Objective: Students will learn to create, package, and advertise their own natural soda as a healthy, refreshing alternative to regular soda.

Directions:


1. Have students use the recipe card on their activity sheet as a guide.
2. Using their favorite 100% fruit juice(s) and seltzer water, have students create their own “soda”--naturally!
3. Invite them to come up with a cool name for their “soda.” Using the blank label on their activity sheet and a clean, washed soda bottle, have them “package” their new natural soda!
4. Have students come up with a fun slogan, and make up an advertisement! You may want to create a similar “Natural Soda Tasting Event” for a fund raiser or for refreshments at a sporting event.

Recipe Card

NATURAL SODA

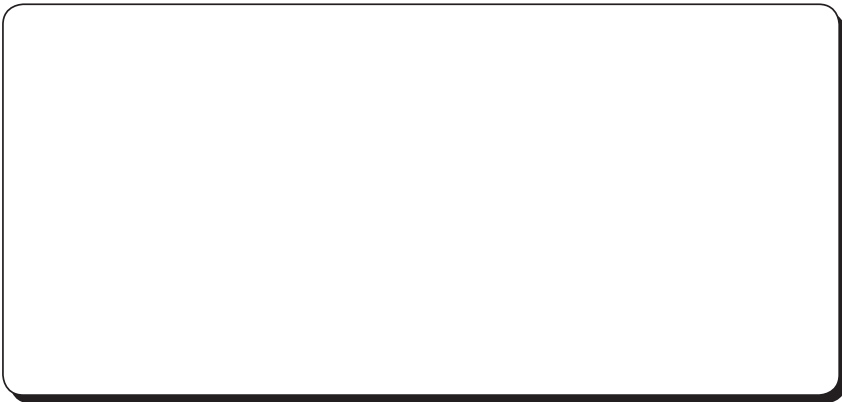
INGREDIENTS:
Seltzer Water
Any 100% Fruit Juice(s): Orange, grape, cranberry, apple, etc.

WHAT TO DO:
1. Mix together half seltzer and half juice in a cup.
2. Name your soda and make up a cool label. Paste it on a recycled bottle and package your drink!



(There are 10 teaspoons of sugar in a can of soda!
For a tasty but healthy drink,
make your own soda...naturally!)

Natural Soda Label



MAKE YOUR OWN SODA-NATURALLY!



Name: _____

Make your own soda--naturally! Combine equal parts of your favorite 100% fruit juice(s) and seltzer water. Use the recipe card below as a guide. Then, using the blank label below and a clean, washed soda bottle, come up with a cool name and logo for your "soda," and "package" your new natural soda by making it look fun and delicious! You can even come up with a cool slogan, and make up an advertising campaign for your healthier soda creation. Voilà! You're in business!

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