



Name: _____

Class: _____ Date: _____

Menu for Healthy Drink Stall

An activity of "Keeping Sugar Out of Reach".

Read "Keeping sugar out of reach" (page 6, *What's Up* February 2023). The story explains why some schools in Singapore do not have drink stalls or vending machines.

1) Why do these schools not have drink stalls or vending machines?

2) Make a list of traditional drinks. Examples of traditional drinks include local favourites like chin-chow (grass jelly), barley water, salted lassi, soybean milk, and so on. Ask older adults for more ideas based on what they drank at home or at hawker stalls when they were young.

3) Imagine that you are helping a drink stall to promote its traditional drinks. Design a poster that the stall can use to display its menu. Plan your poster by jotting down your response to these questions:

- What are the drink items on the menu?
- What are the sugar substitutes used, to reduce added sugar? For example, honey.
- How would you make the drinks appealing to kids?
- What is attractive about the unsweetened drinks? For example, health benefits.
- How will your poster show the variety of drinks sold at the stall?
- How can your poster's design make the menu stand out?
- What fonts and colours will you use to list the drink items and their prices?

Drink Item	No sugar? Healthier substitute?	How I will market the drink (in point form)
<i>e.g. soymilk</i>	<i>no sugar</i>	<ul style="list-style-type: none"> • <i>paint a cup of soymilk with ice cubes and a colorful straw to make the white drink look more appealing</i> • <i>put a sticker on it that says "High in protein" to highlight its health benefit.</i>
a.		
b.		
c.		
d.		
e.		
f.		

- 4) Would you like to share your poster with other *What's Up* readers? Email a message to letters@whatsup.sg with your full name, class, and school. Attach an image or photograph of your poster with your email. If your poster is published, you will receive a thank-you gift!