

## Sammy Sipper - drinks for Tuesday

Drink	Volume (cups)
Breakfast - 1 glass milk	1 cup
At school - 250 ml water bottle	1 cup
From Bubbler - 5 big 50 ml 'slurps'	1 cup
After school - 1 glass soft drink	1 cup
Evening meal - 1 glass juice	1 cup

### Water and Milk

Colour in a cup for each cup of water or milk you drink each day.  
Aim for 2 cups reduced fat milk/day.

Total points for water

### Bonus Points

**Total fluids 5 cups**

Add 2 points if you had 1 cup of juice