

Game Guide for Teachers

Juice Jumble

Health and Gameplay

Juice Jumble is a tile game designed to teach families about the contents of fruit and fruit-flavored drinks. Drinks are categorized based on whether they are made of 100% fruit juice, only contain some fruit juice with additives, or only have fruit flavoring. In the game, these categories are represented as:

1. Pure
2. Some
3. None

Pure

Pure fruit juices are made of 100% fruit juice. They have no sugar additives or high fructose corn syrup. You can spot a “pure juice” option by looking for labels that say:

- 100% fruit juice
- Fruit juice

But beware--juices that say “made with 100% fruit juice” or “contains 100% juice” aren’t actually all fruit juice. The front of packaging can be deceiving so if you’re unsure if a drink is 100% fruit juice, check the nutrition label on the back of the package. The first or second ingredient should be fruit juice. Examples of “pure juice” seen in Juice Jumble include:

- orange juice
- grape juice
- tropical fruit juice
- strawberry kiwi juice
- mango-guava juice

Some

These drinks contain only some fruit juice, usually water and 10-40% juice. Drinks with only some juice may also contain additives like sugar and high fructose corn syrup. Note that drinks that say 100% vitamin C or 100% calcium don’t always contain all fruit juice.

You can spot a “some” option by looking for labels that say:

- 100% juice drink
- Fruit drink
- Juice drink
- Contains 100% juice
- Made with 100% juice
- Cocktail
- Nectar

Examples of “Some Juice” drinks seen in Juice Jumble include:

- apple cooler
- raspberry kiwi drink
- sparkling grape juice
- peach nectar
- orange pineapple apple cocktail



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None

This drink category usually contains less than 5% juice or just taste like fruit. You can spot a “none” option by looking for labels that say:

- Fruit flavored drink
- Fruit drink
- Drink
- 100% natural flavor
- Soda

Examples of “No Juice” drinks seen in Juice Jumble include:

- grape soda
- Hawaiian fruit punch
- tangerine sport drink
- peach flavored tea
- cherry-ade
- lite strawberry kiwi powder



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Teacher Resources

For years nutritionists have debated whether juice is healthy for families at all. The purpose of this game is to inform kids and their families about the contents of drinks, not to instruct on whether drinks with 100% fruit juice or only some juice are better than drinking water and skim milk.

For more information about juice, please see the “Juicy Tips” website, created by our partners at the Children’s Nutrition Research Center at Baylor College of Medicine:
<http://www.kidsnutrition.org/consumer/archives/juicytip.htm>.

