*Starbucks: There is A Drink for Everyone*

Group Scenarios: Teacher can print and cut these in slips to hand out to groups

1. Miguel is a 36 year old man who likes to go to Starbucks a few times a week to get a “fancy” drink (either flavored Lattes or Mochas). Miguel was just diagnosed with Diabetes. His doctor suggested that with Diabetes his drinks need to be; Zero to no Calories, No Sugars, Low-fat, Low Carbohydrates & Low Sodium. What are some drinks that would be appropriate for Miguel?
2. Christina is an 18 year old girl who says she is “addicted” to Frappuccino’s. Her favorite one is a Venti, Mocha Frappuccino with whipped cream and caramel in the cup. Christina just had knee surgery eight months ago and has not been able to be very active. She has put on 25 pounds in those eight months. At her last exam, the doctor cleared her now for exercise and explained to Christina that the extra weight on her body is not healthy and by losing that extra 25 pounds, that weight will also be off of her recovering knee. What drinks would be appropriate for Christina?
3. Ronald is a 68 year old man who visits Starbucks on a daily basis. Ronald likes everything from the regular brewed coffee to the “fancy” espresso drinks to even the bottled drinks. He was just diagnosed with high cholesterol and high blood pressure. His doctor has suggested that his drinks be Decaffeinated, Low in Calories & Fat, Fat free to Low-Fat milk, Sugar-free, Low or no Sodium. What drinks would be appropriate for Ronald?
4. Megan is a 24 year old girl who loves Starbucks. Megan has just been diagnosed with Diabetes and since Megan is 75 pounds overweight, the doctor has suggested that she lose the extra weight. Megan is now worried since her doctor’s visit that she won’t be able to frequent Starbucks anymore. Her doctor says that she will need drinks that are: Zero to no Calories, No Sugars, Low-fat, Low Carbohydrates & Low Sodium and she needs to keep in mind that she needs to lose weight. What drinks would be appropriate for Megan?
5. Tim is 53 year old man who stops at Starbucks a couple times a week. Tim has just found out he is dealing with a bad heart valve. He will need to go in for surgery soon to have his valve replaced. The doctor has suggested to him that they be; Decaffeinated, Low in Calories & Fat, Fat free to Low-Fat milk, Sugar-free, Low or no Sodium. What drinks would be appropriate for Tim?
6. Zoey is a 41 year old who has just spent the last year following a weight loss program. Zoey has lost 68 pounds and is done losing the extra weight but now wishes to maintain the weight and not gain any back. Zoey has always loved Starbucks drinks and has talked to her doctor about what types she could get. The doctor has suggested to keep the drinks; Low Calorie, Low-fat, Low carbohydrates, Low sodium, Low to No Sugar. What drinks would be appropriate for Zoey?