

How much sugar is in your favorite beverage?

This is a fun activity to try and also a good teaching tool. Getting a visual of how much sugar is in beverages can be very powerful. You can also try this with other snack foods- cereal, bread, cookies, and other baked goods. You might be surprised how much sugar you're getting each day.

Age- Middle school

What you need:

- Bottles or containers of your favorite beverages (can be full or empty, but make sure they still have the label on them)
- Granulated sugar
- A teaspoon
- A plastic bag, bowl or other container- clear is best so you can see the sugar inside
- A pencil and paper
- A calculator (optional- this is a good way to practice your math skills!)

Instructions:

1. Take out your favorite beverage and look at the nutrition label.
2. Write down the following numbers:
 - a. Serving size: _____
 - b. Servings per container: _____
 - c. Servings I will eat/drink : _____
3. Don't know how much you normally drink- grab a glass you would normally drink out of, fill it up with water and then pour it into a measuring cup. You'll be able to see how much liquid that glass holds. Compare that with the serving size on the label.
4. Now find sugar on the label. Write down how many grams of sugar it says
 - a. Grams of Sugar in one serving: _____
5. If you're consuming more than one serving multiply the grams of sugar times the number of servings you will drink. If you normally consume the whole container, for example a bottle of soda, multiply grams of sugar x servings per container. Write this number down:
 - a. Grams of sugar in my serving: _____
6. Now its time to figure out how many teaspoons of sugar that is! There are 4 grams of sugar in one teaspoon. So we'll have to do a little division. Take the grams of sugar in your serving (from step 5) and divide by 4. That is the number of teaspoons of sugar in that beverage!
 - a. Grams of sugar in my serving \div 4 = _____
7. Let's get a visual of what that looks like. Take out your granulated sugar and your teaspoon. Scoop the number of teaspoons you wrote down in step 6 into your plastic bag or container. If you want you can scoop it back into the beverage container you have, if its empty.

8. What do you think? Are you surprised how much sugar is in your beverage? This is why we recommend choosing water as your beverage most of the time. When you do drink sugary beverages like juice or soda, make sure you watch your portion size. 8 ounces should be plenty!
9. Take a picture or record a video and show your friends/family. Remind them to #choosewater