

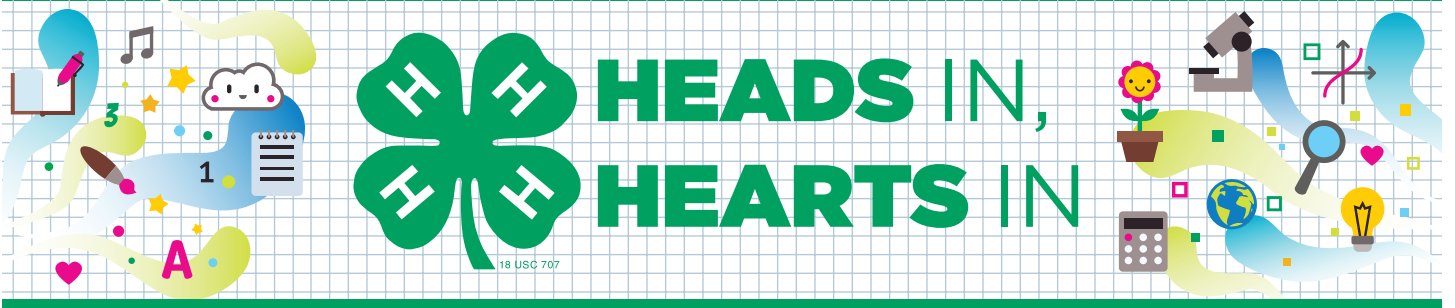
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 5-pound bag of sugar
- 3 teaspoon measuring spoons
- 3 drinks that vary in sugar content (for example, regular non-diet pop, juice and milk)
- Large bowl
- 3 small bowls
- Display table

Activity Preparation

- ▶ Purchase or locate items on the supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Set up the display table with the supplies.
- ▶ Put sugar in the large bowl and leave the 3 small bowls for participants to measure sugar into.





Sugar Surprise

Guide for Families

Learning Objectives

What you need to know:

Many of our favorite drinks have a lot of sugar in them. Sometimes drinks that we think are healthy actually have much sugar. The daily maximum amount of sugar a child should have is about 6 teaspoons or 25 grams.

What you will do and learn:

You will read nutrition labels to find sugar content. You will compare nutrition labels of drinks.

Instructions

1. Choose a beverage container.
2. How much sugar do you think is in this container? Why?
3. Read the nutrition label on the back or side of the first beverage.
4. Find the word “sugar” and see how many grams of sugar are in that beverage.
5. Measure from the large bowl of sugar the number of ounces of sugar that are contained within that drink. Note that there are 4 grams of sugar in one teaspoon.
6. Discuss: Are you surprised by how much sugar is in that drink?
7. Read the nutrition label on the second beverage.
8. Find the word “sugar” and see how many grams of sugar are in that beverage.
9. Measure from the large bowl of sugar the number of ounces of sugar that are contained within that drink. Note that there are 4 grams of sugar in one teaspoon.
10. Discuss: Is it more or less than the first beverage? Are you surprised by how much sugar is in that drink?
11. Repeat the process for the third beverage.
12. Discuss: Which drink had the most sugar? The least sugar? What surprised you?

What will you do differently in the future? It is best to:

- ▶ Read nutrition labels on drinks for sugar content.
- ▶ Compare the sugar content in drinks before buying them.
- ▶ Choose a drink that has a lower content of sugar.