

# Lesson 3 ♥ How Much Sugar Is in Your Favorite Drinks? - Worksheet 1



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Pd: \_\_\_\_\_

## Hypothesis: Sugar Content



1. On your *Beverages Chart* worksheet, rank the 10 beverages according to the amount of sugar you think is in each one, from “most sugar” to “least sugar.”

2. Record your **hypothesis** for the **number of teaspoons of sugar** in the beverages you think have the most sugar and the least sugar.

I hypothesize that \_\_\_\_\_ contains the most sugar (\_\_\_\_\_ teaspoons of sugar).

I hypothesize that \_\_\_\_\_ contains the least sugar (\_\_\_\_\_ teaspoons of sugar).

3. **Test your hypothesis** by **observing** the information from the Nutrition Facts labels on the beverage containers. On your *Beverages Chart*, **record** the number of servings per container and the grams of sugar per serving.

4. Using the example in the *Nutrition Facts Label* handout as a guide, **calculate** the grams of sugar and teaspoons of sugar per beverage container. **Record** your results on your *Beverages Chart*.

5. **Interpret and report your results.** Was your hypothesis correct?

My hypothesis was correct / incorrect (*circle one*).

Using my observations and calculations, I can conclude that \_\_\_\_\_

\_\_\_\_\_.

6. **Based on your calculations**, which beverage(s) is/are the better choice(s) for a healthy diet when it comes to sugar content?

\_\_\_\_\_