

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?

Lesson 3 ♥ How Much Sugar Is in Your Favorite Drinks? - Worksheet 2



Name: _____ Date: _____ Pd: _____

Beverages Chart

	Name of beverage	Servings per container	Grams of sugar per serving	Grams of sugar per container	Tsp. of sugar per container	Correct ranking
Most Sugar Least Sugar	1.					1.
	2.					2.
	3.					3.
	4.					4.
	5.					5.
	6.					6.
	7.					7.
	8.					8.
	9.					9.
	10.					10.

Lesson 3 ♥ How Much Sugar Is in Your Favorite Drinks? - Handout



Name: _____

Date: _____

Pd: _____

Nutrition Facts Label

Orange-Flavored Fruit Drink (20 oz.)	
Nutrition Facts	
Serving Size = 8 fl oz	
Servings Per Container = 2.5	
Amount Per Serving	
Calories = 120 Calories from fat = 0	
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 28g	10%
Dietary Fiber 0g	0%
Sugars 27g	
Protein 0g	
Vitamin A 0%	• Vitamin C 100%
Calcium 0%	• Iron 0%
Vitamin D 0%	• Phosphorus 0%
* Percent Daily Values are based on a 2,000 calorie diet.	
Ingredients: water, high fructose corn syrup and 2% or less of each of the following: concentrated juices (orange, lime, grapefruit), citric acid, ascorbic acid (Vitamin C), natural flavors, modified corn starch, canola oil, sodium citrate, xanthan gum, sodium benzoate to protect flavor, artificial colors.	

CALCULATE TEASPOONS OF SUGAR PER CONTAINER

1. Locate the number of servings per container. (Ex: 2.5)
2. Locate the number of grams of sugar per serving. (Ex: 27g)
3. Calculate the number of grams of sugar in the container by multiplying servings by grams. (Ex: $2.5 \times 27 = 67.5\text{g}$)
4. Calculate the number of teaspoons of sugar in the container by dividing the number of grams by 4. (There are 4 grams per teaspoon.)
(Ex: $67.5 \div 4 = 16.875$)
5. There are approximately **17 teaspoons of sugar** in this beverage container!