

# SUGAR QUIZ

Help raise awareness of the sugar content in popular drinks with the following activity.

## Materials:

- 20 oz Coca Cola bottle
- 20 oz Gatorade bottle
- 6 oz Capri Sun pouch
- 0.55 oz Kool Aid Singles Drink Mix
- 24 oz AriZona Iced Tea can
- Any size bottle of water
- About 40 sugar packets (or 1 cup of sugar and 6 re-sealable plastic bags)
- Marker
- Tape (for attaching sugar “strings”)

## Short on time? Limited budget?

- Display only 3 drinks instead of 6.
- Fill a cup with tap water instead of using bottled water.
- Print out pictures of the beverages you want to use instead of buying the actual items.
- Opt to make the sugar bags instead of sugar “strings.”

## Directions:

- 1) Using the guide on the next page, write the number of teaspoons of sugar on the bottom of each bottle.
  - You can use any beverage for this activity. Just look for “grams of sugar” on its label, then divide by four.
- 2) To make sugar “strings,” tape together one packet for each teaspoon of sugar in the drink.

(Or, you can show the amount of sugar in each drink by scooping teaspoons into plastic bags. Use the marker to write the number of teaspoons contained in each bag. These are just estimates, so the measurements don’t have to be perfect.)
- 3) Ask the kids to work together and match the beverage with how much sugar they think is in it.
  - Variation – Use math by helping them convert grams of sugar from the nutrition label information to number of teaspoons.
  - Suggest they pay attention to the size of the container when guessing about the sugar content.
- 4) Questions for after the activity:
  - What was surprising? Did you know how much sugar was in each beverage?
  - Think about your drinks—how much sugar are you drinking every day?
  - What is the healthiest beverage for hydrating?

# BEVERAGES GUIDE



**20 oz Coca Cola Bottle**

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
65 grams	17 tsp



**20 oz Gatorade Bottle**

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
34 grams	9 tsp



**6 oz CapriSun Pouch**

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
16 grams	4 tsp



**.55 oz Kool Aid Singles Drink Mix**

Grams of Sugar Per Packet	Approximate Teaspoons of Sugar (grams ÷ 4)
14 grams	4 tsp



**24 oz AriZona Iced Tea Can**

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
72 grams	18 tsp



**Bottle of Water**

Grams of Sugar Per Container	Approximate Teaspoons of Sugar (grams ÷ 4)
0	0