Thinking



HOW MUCH SUGAR IS IN OUR DRINKS?

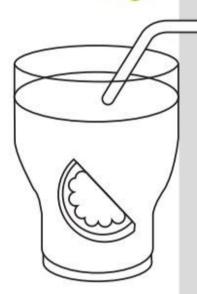
Explore and understand the sugar content in commercial drinks

Materials

Instructions

- Brainstorm names of familiar drinks. Rank them in order from 'most healthy' to 'least healthy' (in your opinion).
- Using the Nutritional Panel, identify how many teaspoons of sugar are in each drink (4g is 1 tsp). Measure this amount out onto a plate, using real sugar or substitute, for each drink.
- From the Nutritional Panel, identify and research the types of sugars in the drinks: fructose, corn syrup, cane sugar etc.
- 4. Return to the scale you developed. What changes could be made, based on these results?
- Create a display to explain and present this information.

- Teaspoons, plates, sugar
 - Range of empty drink bottles
 - Internet access



Inquiry

- Explore sugar substitutes and their effects on the body
- When and why did bottled water become popular?
- How much sugar and caffeine do energy drinks contain?
 How healthy are they?
- Are juice and milk drinks, or foods? (see pyramid)
- Are all waters created equal? (for example: tap, carbonated, flavoured)



1 teaspoon of sugar contains 16 calories.

