



HOW MUCH SUGAR IS IN OUR DRINKS?

Explore and understand the sugar content in commercial drinks

Materials

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

Instructions

1. Brainstorm names of familiar drinks. Rank them in order from 'most healthy' to 'least healthy' (in your opinion).
2. 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.
3. 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?
5. Create a display to explain and present this information.



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)



Did you know?

1 teaspoon of sugar contains 16 calories.