

Sugary Drink Activity **K-Adult!**

(Adapted from lesson created by swankydietitian.com)

Materials:

- 5-6 bottles of sugary drinks such as: Pepsi, Gatorade, Frappuccino, Cranberry-Grape Juice, Vitamin Water, Propel.
- Sugary Drink Prediction handouts (adapted for the drinks you use and the skill-level of students.)
- Cube Stacking Handout
- Sugar cubes

Directions:

After covering the nutrition labels with post-its, prominently display bottles of sugary drinks. Allow students time to examine bottles.

Distribute handouts to students and have them predict the rank of drinks from the one with the MOST sugar (1) to the one with the least sugar (6).

After they have made and shared their predictions, give them the Actual Rankings. Discuss discrepancies.

Give students the “grams of sugar” information for each drink.

Have students convert the grams of sugar to teaspoons/cubes of sugar. (Formula = grams of sugar ÷ 4).

When students have determined the number of cubes of sugar in each drink, have them count out the cubes of sugar for each drink and make a stack of cubes for each drink on the “Cube Stacking” handout.

Have students discuss or prepare written responses to the “wrap-up” questions.

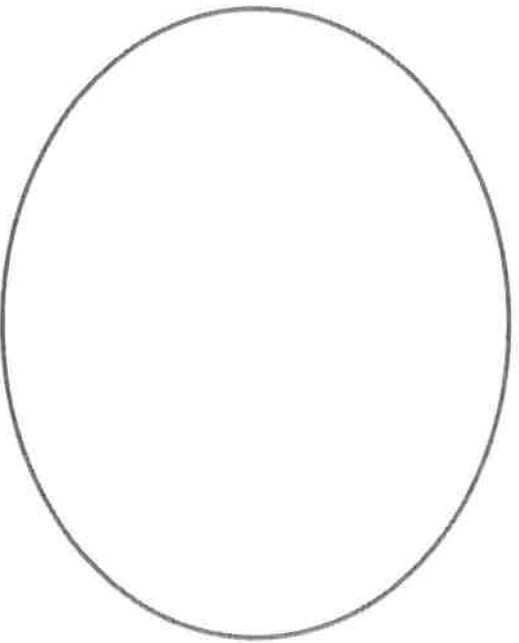
Wrap-up Questions:

1. What, if anything, surprised you about the results of this activity?
2. What are the consequences of drinking sugary drinks?
3. What recommendations would you make to a student your age about sugary drinks?

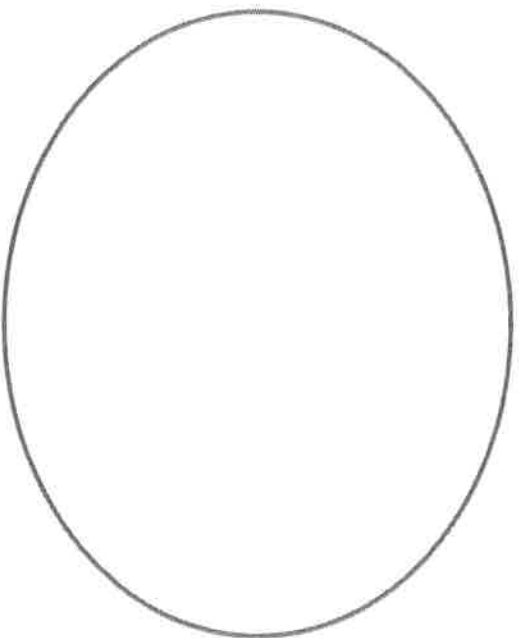
Cube Stacking

Name: _____ Date: _____

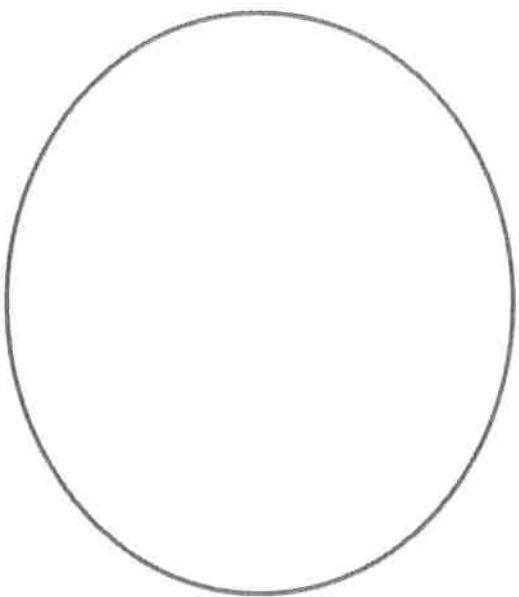
Once you have determined the number of cubes of sugar in each drink, stack the cubes in the appropriate circle.



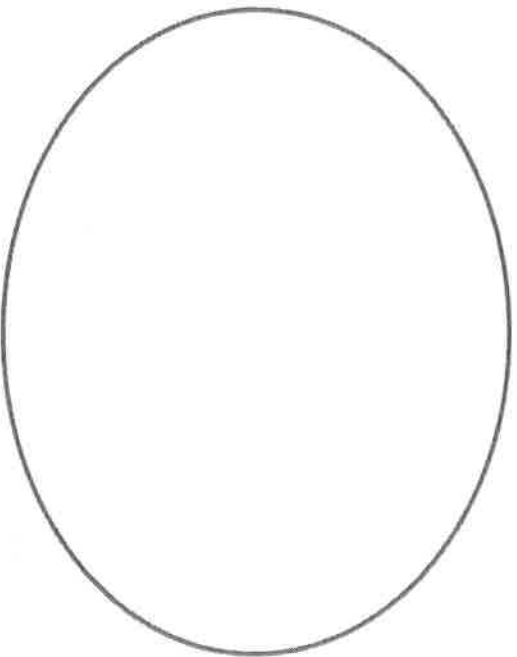
Cranberry Grape Juice



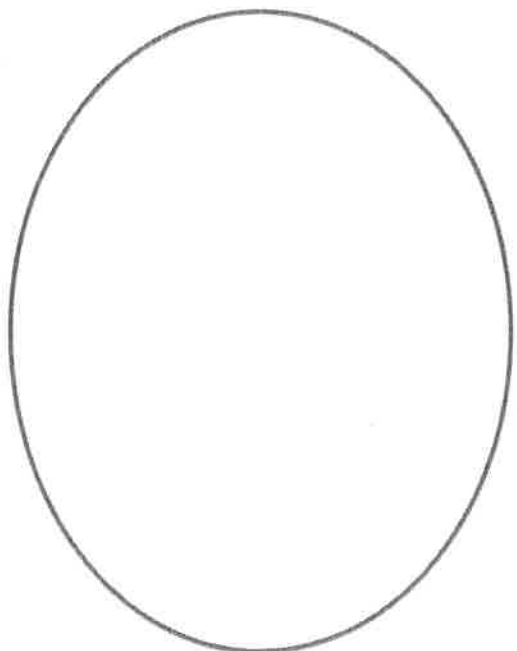
Frappuccino



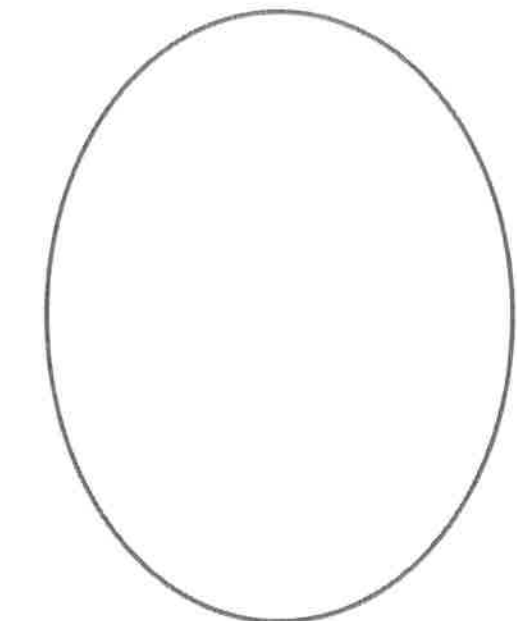
Gatorade



Propel



Pepsi



Vitamin Water

Sugary Drink Predictions

Name: _____ Date: _____

*Examine the bottles of sugary drinks on the table. Rank them in order of sugar contained in the **entire** bottle: **1 = the drink with the MOST sugar and 6 = the drink with the LEAST sugar.** Complete the "My Ranking" section ONLY. We will complete the remainder of the table after all participants have made their predictions.*

Drink	My Ranking (1-6)	Actual Ranking		Grams of Sugar	Teaspoons/Cubes of Sugar Formula = Grams of Sugar ÷ 4
Cranberry-Grape Juice					
Frappuccino					
Gatorade					
Propel					
Pepsi					
Vitamin Water					

Wrap-up:

1. What, if anything, surprised you about the results of this activity?

2. What are the consequences of drinking sugary drinks?

3. What advice would you give to a student your age about sugary drinks?