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

Date: __________________________ Name: __________________________

Cube Stacking

- Vitamin Water
- Pepsi
- Propel

- Gatorade
- Frappuccino
- Cranberry Grape Juice
**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
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<tbody>
<tr>
<td>Cranberry-Grape Juice</td>
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<td>Frappuccino</td>
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<td>Gatorade</td>
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<td>Propel</td>
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<tr>
<td>Pepsi</td>
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<td>Vitamin Water</td>
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**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?