

STUDENT WORKSHEET

ACTIVITY 1: HOW MUCH ADDED SUGAR IS IN YOUR BEVERAGE?

Name _____ Date _____ Class/Hour _____

This activity will help you to visualize how much sugar is in a beverage.



1. Make a list of your group's top 6 favorite beverages and then respond to these questions:

a. Which beverages on your list do you think have the most added sugars?

b. Which do you think have the least added sugars?

2. Watch these two videos that introduce Total Sugars and Added Sugars:

Added Sugar on the Food Label www.youtube.com/watch?v=PygjyyWvqhU

Hy-Vee KidsFit at Home – Rethink Your Drink www.youtube.com/watch?v=eu9BgqCqla8.

3. Your teacher has prepared some numbered beverage containers and bags with various amounts of sugar that represent the amount of added sugars in the various beverages. As you look at the containers and bags of sugar, match the bags of sugar you think represents the amount of added sugars in each beverage.

SUGAR IN BEVERAGES DATA TABLE				
BEVERAGE	SUGAR BAG (letter)	GRAMS OF ADDED SUGARS	GRAMS OF TOTAL SUGARS	PERCENT OF TOTAL SUGARS FROM ADDED SUGARS (i.e., ADDED SUGARS/TOTAL SUGARS x 100%)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

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STUDENT WORKSHEET

HOW MUCH ADDED SUGAR IS IN YOUR BEVERAGE? (CONTINUED)

4. Look at the Nutrition Facts labels for the beverages in this activity and record the Total Sugars and Added Sugars for each on your Worksheet.

In which beverages were the amounts of Total Sugars and Added Sugars the same?

5. Review the completed data table with your class to learn how well your group matched the beverages with the bags of sugar, and make corrections as needed.

a. List which beverages had the most Added Sugars:

b. Which findings surprised your group the most?

6. Read the **Total and Added Sugars** and **Total Carbohydrates** Fact Sheets and review the videos, *Added Sugar on the Food Label* and *Hy-Vee KidsFit at Home – Rethink Your Drink*, to answer the following questions.

a. Sugar belongs to a group of chemical compounds called carbohydrates. What are the different kinds of carbohydrates that are used by your body?

b. Why are carbohydrates important for your health?

c. The calories in sugary beverages are said to be “empty calories.” What does this mean?

d. What is the difference between naturally occurring sugars and Added Sugars?

e. For a 2,000-calorie daily diet, the Daily Value for Added Sugars is 50 grams. For a person with this diet, which of the drinks in this activity would you recommend and why?

f. Why is milk called a “nutrient dense” food?

g. Why is it important to read the labels on the foods and beverages you consume?

h. What are some ways to limit your added sugars intake?

7. When all groups have completed their responses to the questions, review the answers with the class.

