



Sugar Shocker Display

Elementary - Middle School

Lauren Putney

Overview

Sugar is something that our body needs to survive. However, we tend to consume way more sugar than needed. It is important to teach kids as soon as possible how to limit their sugar intake and the proper amount of sugar. Women should consume no more than 6 teaspoons of added sugar a day while men should consume no more than 9. The easiest way to teach kids the importance of limiting sugar is through this graphical representation. The sugar shocker display can be a great tool in the classroom or at home!

Materials Needed

- Bottles of your favorite beverages. We recommend regular and diet soda varieties, apple juice, orange juice, Gatorade, Koolaid, and water.
- Bag of white sugar
- Teaspoon
- Funnel

Steps

1. Empty, wash, and completely dry your bottles while leaving the labels on.
2. Record how many grams of sugar are in the bottle. You can do this by looking at the Nutrition Facts Box on the label (take into account the serving size) or googling the drink.
3. Calculate how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (number of grams in a teaspoon).
4. Insert the funnel into the mouth of the bottle and pour in the corresponding amount of white sugar. Screw the cap back on tight.
5. Make a chart displaying the drink varieties displayed and the teaspoons or grams of sugar in each drink to include in your display
6. Show off your finished product so your kids can see how much sugar is in their favorite drinks!

Terminology Associated with Lesson

Sugar - a sweet substance often included in food or drinks as a sweetener or preservative which organisms use to store energy

Added sugar - a type of sugar that does not occur naturally but is added to foods or beverages during their function

Notes To Instructor

We hope you and your kids enjoy this easy demonstration and learn more about limiting sugar intake and creating a healthy lifestyle!