



Activity

How Much Sugar?

Step 1: Using the measuring spoon add the amount of sugar to each beverage bottle

1. 20 oz Soda Bottle: add 17 teaspoons
2. 20 oz Sports Drink: add 9 teaspoons
3. 20oz Sweetened Iced Tea: add 11 teaspoons
4. 20oz Water: add nothing!



Question: 1. Which drink has the least sugar? 2. Which drink has the most sugar?
Answers: 1. If you said Water – Good Job! 2. 20oz soda bottle

Done? Please pour the sugar back in the jar

Supplies Needed: 20oz empty dry bottles of Soda, Sports Drink, Sweetened Iced Tea, Water, 1 cup of sugar, funnel and measuring spoons