

Read the Label-
How Much Sugar?!?

Suggested Level: Grades 4-6

Objectives:

- *Help students identify the amount of sugar present in sweet drinks
- *Help students understand information on food labels
- *Identify other words that mean "sugar" in ingredients lists.

Time:

45-60 minutes

Materials Needed:

- *Cans/bottles of different sweet drinks (soda, gatorade, juice, diet soda, etc.)
- *5 lb. bag of sugar
- *Handout: Tips for Reading Food Labels (vocabulary-different words used for sugar)-see attached
- *Handout : Read the Food Label on your drink (1 per group of 4 students)
- *Visual
- *Video link

Procedure:

1. Give each table group of 4 a different food label

2. Ask students about the following:

- How many grams of sugar are there in one portion indicated on the food label of this drink?
- How many grams of sugar are there in one bottle of this drink?

Note: It is important to explain that the serving size on the label is not always the size of a whole container.

- If you drink this every day, how many grams of sugar are you consuming in one year?

3. Read the ingredient list.

- Can you find the words:
 - Sugar
 - Glucose
 - Fructose
 - Sucrose

Note: If you can find one of those words on the ingredient list, it is a sweetened drink. This means sugar was added.

4. Write their answers on the board.

5. You can repeat the same activity with other food labels of different drinks.

6. Show students the quantity of sugar consumed after one year, by comparing to a 5 pound bag of sugar.

7. Show students the picture of drinks and sugar cubes.

How much sugar is in your drink?

Based on the 2009 standard of 4 grams of sugar per teaspoon.



Monster Energy 16 oz.
200 calories



Vitaminwater 20 oz.
125 calories



Mountain Dew 20 oz.
290 calories



Snapple Lemon Tea 16 oz.
160 calories



Gatorade 20 oz.
130 calories



Nantucket Nectars Cranberry 17.5 oz.
280 calories

13.5
teaspoons

8
teaspoons

19.25
teaspoons

10.5
teaspoons

8.5
teaspoons

17.5
teaspoons

Consumption of sugar sweetened beverages may be the single largest driver of the obesity epidemic according to a 2009 study in the New England Journal of Medicine.

Average sugar sweetened beverage consumption by youth

AGES	BOYS	GIRLS
Ages 2-5:	47 gallons/year	41 gallons/year
Ages 6-11:	65 gallons/year	51 gallons/year
Ages 12-19:	108 gallons/year	77 gallons/year

Source: Institute of Medicine (IOM) National Academies Press, 2009. Study of children who reported drinking more than one sugar-sweetened beverage per day.

The extra calories from adding just one 20 oz Mountain Dew to your regular diet every day for a year would be enough calories to cause a 30 pound weight gain.

Based on the 290 calories in a 20 oz Mountain Dew and 9500 calories needed for 30 lb weight gain.



Alliance for a
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Rhode Island

c/o Rhode Island Medical Society

This artwork was created by our colleagues from the Alliance for a Healthier Vermont. We thank them for sharing!

Independent Practice:

Have students get in their google classroom and watch the attached video "What Does Sugar Do to Your Body?" While watching the video, what connections do you find with what you've learned today about how much sugar is in certain drinks?

<https://www.youtube.com/watch?v=rX5aej5Sv4s>

Assessment:

Have students answer the following question.

- What effects do you think sugar has on a person's overall health?
- Do you think you should limit the amount of sugar you eat and why?