

Title: Sugary Drinks: How Much Sugar?

Audience: Grades 6-8 Math Classroom

Time: 40-60 minutes

Materials:

- 4-8 sugary drinks with labels, such as soda, energy drinks, sports drinks, bottled coffee, etc. (helps to use drinks that you know are commonly consumed by your students)
- Printouts of various popular sugary drink labels and local coffee shop examples
→ Resource [Parent Tips: How Much Sugar and Calories in Your Favorite Drink](#)
- Access to computer/tablet and Search Engine such as Google (if possible)
- Conversion chart: 4.2 grams (4 as estimate) of sugar = 1 Teaspoon,

Standards:

Math CCSS: 7.NS.1 Apply and extend previous understandings of addition and subtraction to add and subtract rational numbers.

Objectives:

- Students will be able to read a label to determine how much sugar is in at least four drinks.
- Students will estimate how much extra sugar is in their diet in a week/month/year based on one sugary drink per day.

Warm-up:

- Students are asked to list what drinks they have had in the last week and encouraged to think through their whole day.

- Discussion about sugary drinks and students add a star next to each drink they consider to be “sugary”

Activities/Tasks/Procedures:

- Students are given a printed table or use a spreadsheet, such as Google Sheets or Excel, to make an organized list of all of the drinks they have had in the past week (or a typical week)
- Option A: Students use available resources (table/spreadsheet, sugary drink labels, printed estimates, or Google searches) and understanding of rational number operations to estimate the amount of sugar (in grams and teaspoons) they drink in a week, in a month, and in a year.
- Option B: Students do the same thing, but calculate the amount of sugar intake that one sugary drink per day would be in a week, in a month, and in a year.
- Students work with a partner to verify calculations and estimations and discuss how much extra sugar content a person might consume in a year if they regularly drink sugary drinks.

*Note: students must share their thinking and the math related to their estimates.

Class Discussion:

- Discuss results as a class

Did the results surprise you? Why does this matter? Is drinking a lot of sugar healthy or unhealthy? Why?

Closure:

- Video: Effects of Sugar on the Body [What Happens to Your Body and Brain When You Eat Too Much Sugar?](#)
- Exit Card: 1 thing you learned today, 1 personal goal related to sugary drinks

Source: National Heart, Lung, and Blood Institute:

<https://www.nhlbi.nih.gov/health/educational/wecan/>