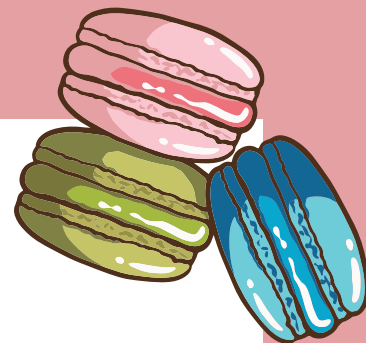




Name: _____

Date: _____



SUGAR EXERCISE

Let's learn how to read nutritional labels

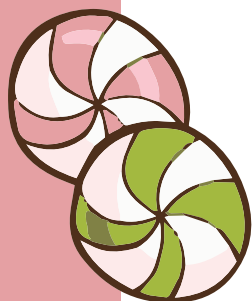


STEP 1

_____ g of sugar \div 4 =

_____ teaspoons of sugar per 1 serving

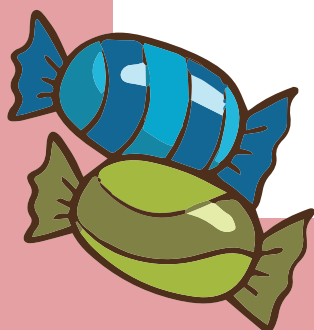
(1 teaspoon of sugar is equal to 1 sugar cube)



STEP 2

teaspoons of sugar \times _____ servings =

_____ SUGAR CUBES PER ITEM



SUGAR ACTIVITY INSTRUCTIONS

Set up for activity

1. Ask everyone to pick their favorite candy or drink
2. Make sure everyone has a calculator, pen/pencil, and paper

Learn how to read the “Nutrition Facts” label

1. Identify how many grams of sugar there are
(per serving size, this should just be what’s printed on the label)
2. Divide that number by 4
3. The number they get is the # of teaspoons of sugar there are per serving.
One teaspoon is equivalent to 1 sugar cube.
4. Ask them to identify how many servings there are in each box/drink.
Tell them to multiply their teaspoon total by the number of servings.
5. Ask them to stack their total number of sugar cubes next to their candy/drink.

Ask why is too much sugar bad for you?

1. Diabetes
2. Weight gain
3. Rotting teeth/cavities
4. Bad skin
5. Energy drain

Identify healthier alternatives/ healthier foods

1. Fruit
2. Berries
3. Greek yogurt
4. Sweet potatoes
5. Smoothies
6. Vegetables
7. Whole grains

