Sugar Shocker Display

**Summary:**

What we drink is important to our overall health and wellness. The purpose of this demonstration is to raise awareness about the amount of added sugar in common drinks and to learn how to make better drink choices.

What are some favorite drinks? Bubble Tea, Monster, Starbucks, coke, mountain dew, sunny delight, orange juice, apple juice. Chocolate Milk. Ice tea.

**What do to:**

**Display**

* Collect empty containers for 10 different sugar added beverages.
* Rinse and air dry.
* Label a clear plastic zip tight bag with the name of each drink and the container volume.
* Put the designated teaspoons of sugar into each drinksbag as specified on the beverage nutrition label.
* Label the number of teaspoons of sugar that each clear plastic zip-tight bag contains.

**Inform**

* Include the health risks for teens associated with a high sugar added diet.
* List or display healthy alternatives to sugar added beverages.

**Graph**

* Order these drinks in order of LOWEST to HIGHEST sugar content in a BAR graph.

**Evaluate**

* Evaluate: what do you think would happen if we drank 1 of these every day?
* What is our daily recommended sugar intake?
* Research how much of our calories come from sugar.
* Research how many calories are recommended for teenagers.
* Reseach how many calories in a gram of sugar.
* Calculate how many calories are in the beverage
* Calculate what percent of our recommended daily calories does each beverage represent.
* NOTE: one sugar cube is equal to 1 teaspoon or 5 mL of sugar