

2. How Much Sugar and How Many Calories Are in Your Favorite Drink?

This display is used to demonstrate how much sugar and how many calories are in common drinks.

- Cut a manila file folder in half, and fold each portion in half to make a card.
- Write the name of the drink on one side. On the other side, write the number of calories, grams of sugar, and teaspoons of sugar in the drink. Glue the sugar cubes onto the folder to show the number of teaspoons of sugar in each drink.
- Use the “How Much Sugar and How Many Calories Are in Your Favorite Drink?” handout (in Session 7, page 278) to find the number of calories, grams of sugar, and teaspoons of sugar in common drinks.

