

# CRUNCH TIME

## How Much Sugar



**Serve Information: 3 Glasses**

### **INGREDIENTS:**

1 600ml Clear bottle of Fanta softdrink  
1 600ml Clear bottle of orange juice  
1 600ml Clear bottle of Powerade sports drink  
1 500ml Clear bottle of chocolate milk  
200g Caster sugar  
Jug of Warm water

### **EQUIPMENT:**

Electronic scales  
3 Clear glasses  
Teaspoon  
Clear bowl for sugar  
Jug for water

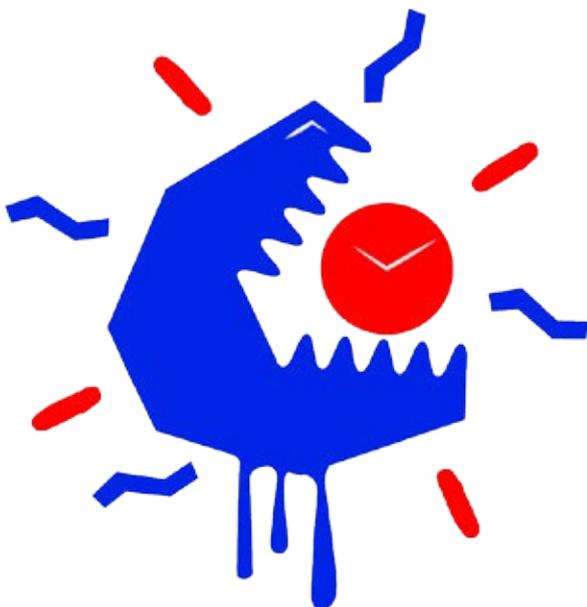


## METHOD:

1. Read nutrition label on softdrink to determine how many grams of sugar are in drink
2. Using teaspoon, measure into glass sitting on scales the number of grams of sugar in the softdrink (Should be approximately 16 teaspoons)
3. Discuss how much it is and whether you would eat that many teaspoons of sugar
4. Add warm water to dilute sugar and discuss how the sugar is hidden
5. Read the nutrition label on the sports drink to determine how many grams of sugar are in the drink
6. Using teaspoon, measure into another glass sitting on scales the number of grams of sugar in the sports drink (Should be approximately 8 teaspoons)
7. Guess how much sugar you would expect to be in fruit juice. Read nutrition label and compare results with soft drink and sports drink (approx. 50g sugar or 12 teaspoons)
8. Count teaspoons of sugar into another glass on the scales for the flavoured milk and ask children to look at the scales and tell you to stop when they think it is the right quantity. (54g = 13 teaspoons)
9. Get the children to suggest some thirst quenching alternatives

## ADDITIONAL NOTES:

- 1 teaspoon = 4.2g sugar
- 1 x 600ml Fanta softdrink = 67.2g sugar. Approx 16 teaspoons
- 1 x 600ml Berri Orange Juice = 51.6g. Approx 12 teaspoons
- 1 x 500ml Breaka Chocolate Milk = 54g sugar. Approx 13 teaspoons



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