ALL OF THESE DRINKS: WHAT DO YOU THINK?

HOW MUCH SUGAR IS IN YOUR DRINK?

USE THE SUGAR CUBES ON THE TABLE TO CREATE A DISPLAY OF THE AMOUNT OF SUGAR CONTAINED IN A VARIETY OF BEVERAGES.

EXAMPLE

- There are four grams of sugar in one sugar cube.
- One serving of the fruit drink at right has 20 grams of sugar.
- Divide by four to get the number of sugar cubes in this drink.
- 20 ÷ 4 = 5 sugar cubes
- Place five sugar cubes beside this photo card.

SUGAR SWEETENED DRINKS

HERE'S WHAT TO DO AT THIS STATION:

1 Explain the difference between naturally occurring sugars and added sugars.

- Sugar can occur naturally in foods, examples include milk, fruits and some vegetables. The sugar in whole foods is less of a problem because these foods also include a variety of important nutrients.
- Most of the sugar we eat comes from adding sugar to foods. Americans of all ages take in too much added sugar.
- Sugary drinks are one of the biggest sources of added sugars in our diet.

2 Explain why eating or drinking too much sugar contributes to poor health.

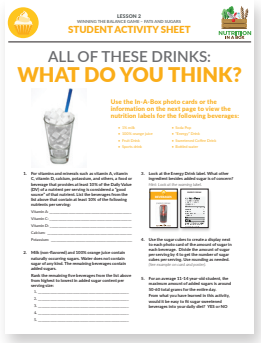
Too much sugar in the diet contributes to dental decay, excess calories, nutrient deficiencies and poor health. Added sugars are considered "empty calories" because they provide few nutrients.

Sugar is a type of simple carbohydrate that gives your body energy. The energy boost from sugar is short-lived though, resulting in a "crash" which often leaves you craving more sugar.

3 Complete the "All of These Drinks: What do You Think?" activity sheet and use the sugar cubes to display the amount of sugar in beverages.

EXAMPLE

- There are four grams of sugar in one sugar cube.
- One serving of the fruit drink at right has 20 grams of sugar.
- Divide by four to get the number of sugar cubes in this drink.
- 20 ÷ 4 = 5 sugar cubes
- Place five sugar cubes beside this photo card.



LESSON 3

WINNING THE BALANCE GAME – FATS AND SUGARS

STUDENT ACTIVITY SHEET

NUTRITION IN A BOX

ALL OF THESE DRINKS:
WHAT DO YOU THINK?

Use the In A Box photo cards or the information on the next page to view the nutrition labels for the following beverages:

- 1% milk
- 100% orange juice
- Fruit drink
- Sports drink
- Soda pop
- "Energy" drink
- Sweetened coffee drink
- Bottled water

1. **For vitamins and minerals such as vitamin A, vitamin C, vitamin D, calcium, potassium, and others, a food or beverage that provides at least 10% of the Daily Value (DV) of a nutrient per serving is considered a "good source" of that nutrient. List the beverages from the list above that contain at least 10% of the following nutrients per serving:**

   Vitamin A: _____

   Vitamin C: _____

   Vitamin D: _____

   Calcium: _____

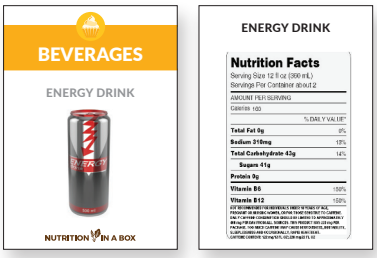
   Potassium: _____

2. **Milk (non-flavored) and 100% orange juice contain naturally occurring sugars. Water does not contain sugar of any kind. The remaining beverages contain added sugars.**

   Rank the remaining five beverages from the list above from highest to lowest in added sugar content per serving size:

   1. _____
   2. _____
   3. _____
   4. _____
   5. _____

3. **Look at the energy drink label. What other ingredient besides added sugar is of concern?**
   Hint: Look at the warning label.



4. **Use the sugar cubes to create a display next to each photo card of the amount of sugar in each beverage. Divide the amount of sugar per serving by four to get the number of sugar cubes per serving. Use rounding as needed.**
   (See example on card and poster).

5. **For an average 10-14 year-old, the maximum amount of added sugars is around 50-60 total grams for the entire day.**

   From what you have learned in this activity, would it be easy to fit sugar sweetened beverages into your daily diet? YES or NO

LESSON 2

WINNING THE BALANCE GAME – FATS AND SUGARS

STUDENT ACTIVITY SHEET

NUTRITION IN A BOX

100% ORANGE JUICE
(calcium fortified)

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container about 7

Amount Per Serving	
Calories 110	
	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Sugars 22g	
Protein 2g	
Vitamin C 120% • Calcium 35%	
Vitamin D 25% • Thiamin 10%	
Niacin 4% • Folate 15%	

WATER

SPORTS DRINK

Nutrition Facts
Serving Size 12 fl oz (355mL)
Servings Per Container 2.5

Amount Per Serving	
Calories 80	
	% Daily Value*
Total Fat 0g	0%
Sodium 160mg	7%
Total Carbohydrates 21g	7%
Sugars 21g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, sugar, dextrose, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, gum arabic, sucrose, acetate isobutyrate, glycerol ester of rosin, Yellow 6

SODA POP

Nutrition Facts
Serving Size 20 fl oz (591 mL)
Servings Per Container 1

Amount Per Serving	
Calories 280	
	% Daily Value*
Total Fat 0g	0%
Sodium 170mg	7%
Total Carbohydrates 77g	26%
Sugars 77g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Carbonated water, high fructose corn syrup, orange juice concentrate, citric acid, sodium hexametaphosphate (to protect flavor), sodium benzoate (preserves freshness), natural flavor, caffeine, sodium citrate, gum arabic, calcium disodium EDTA (to protect flavor), Red 40, brominated vegetable oil, Yellow 5, Blue 1

1% MILK

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving	
Calories 110	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Potassium 410mg	12%
Total Carbohydrates 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	
Vitamin A 10% •	Vitamin C 0%
Calcium 30% •	Iron 0%
Vitamin D 25%	

ENERGY DRINK

Nutrition Facts
Serving Size 12 fl oz (360mL)
Servings Per Container 2

Amount Per Serving	
Calories 160	
	% Daily Value*
Total Fat 0g	0%
Sodium 310mg	13%
Total Carbohydrates 43g	14%
Sugars 41g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Warning label:
Not recommended for individuals under 18 years of age, pregnant or nursing women, or for those sensitive to caffeine. Daily caffeine consumption should be limited to approximately 400mg per day from all sources. This product has 220mg per package. Too much caffeine may cause nervousness, irritability, sleeplessness and, occassionally, rapid heartbeat.

FRUIT DRINK

Nutrition Facts
Serving Size 6 oz box
Servings Per Container 10

Amount Per Serving	
Calories 80	
	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrates 20g	7%
Sugars 20g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, high fructose corn syrup, contains less than 2% of ascorbic acid (vitamin C), artificial flavor, citric acid, sodium citrate, calcium disodium edta (preserves freshness), Red 40, Blue 1

CARAMEL FRAPPUCCINO

Nutrition Facts
Serving Size 16 fl oz
Servings Per Container 1

Amount Per Serving	
Calories 400	
	% Daily Value*
Total Fat 14g	22%
Sodium 240mg	10%
Total Carbohydrates 65g	22%
Sugars 63g	
Protein 4g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ice, milk, coffee frappuccino syrup (sugar, water, salt, natural and artificial flavors, xantham gum, potassium sorbate, citric acid), coffee, whipped cream (cream, milk, mono and diglycerides, carra-geenan), vanilla syrup (sugar, water, natural flavors), caramel syrup (sugar, water, natural flavor, citric acid, potassium sorbate), caramel drizzle (sugar, corn syrup, butter, water, heavy cream, nonfat dry milk, natural flavors, salt, mono and diglycerides, soy lecithin, sulfite)

LESSON 3

WINNING THE BALANCE GAME – FATS AND SUGARS

STUDENT ACTIVITY SHEET

Answer Key

NUTRITION IN A BOX

ALL OF THESE DRINKS:
WHAT DO YOU THINK?

Use the In A Box photo cards or the information on the next page to view the nutrition labels for the following beverages:

- 1% milk
- 100% orange juice
- Fruit drink
- Sports drink
- Soda pop
- "Energy" drink
- Sweetened coffee drink
- Bottled water

1. **For vitamins and minerals such as vitamin A, vitamin C, vitamin D, calcium, potassium, and others, a food or beverage that provides at least 10% of the Daily Value (DV) of a nutrient per serving is considered a "good source" of that nutrient. List the beverages from the list above that contain at least 10% of the following nutrients per serving:**

   Vitamin A: 1% milk, Caramel Frappuccino

   Vitamin C: 100% orange juice, Fruit Drink

   Vitamin D: 100% orange juice, 1% milk

   Calcium: 100% orange juice, 1% milk, Caramel Frappuccino

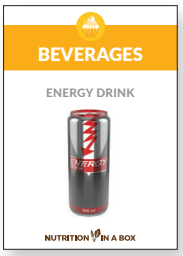
   Potassium: 100% orange juice, 1% milk

2. **Milk (non-flavored) and 100% orange juice contain naturally occurring sugars. Water does not contain sugar of any kind. The remaining beverages contain added sugars.**

   Rank the remaining five beverages from the list above from highest to lowest in added sugar content per serving size:

   1. Soda pop
   2. Caramel Frappuccino
   3. Energy Drink
   4. Sports Drink
   5. Fruit Drink

3. **Look at the energy drink label. What other ingredient besides added sugar is of concern?** *Hint: Look at the warning label.* Caffeine



4. **Use the sugar cubes to create a display next to each photo card of the amount of sugar in each beverage. Divide the amount of sugar per serving by four to get the number of sugar cubes per serving. Use rounding as needed.** *(See example on card and poster).*

   Answers below on cards

5. **For an average 10-14 year-old, the maximum amount of added sugars is around 50-60 total grams for the entire day.**

   From what you have learned in this activity, would it be easy to fit sugar sweetened beverages into your daily diet? YES or NO

LESSON 2

WINNING THE BALANCE GAME – FATS AND SUGARS

STUDENT ACTIVITY SHEET

Answer Key

NUTRITION IN A BOX

5 SUGAR CUBES
100% ORANGE JUICE
(calcium fortified)

Nutrition Facts
Serving Size 8 fl oz (240 mL)
Servings Per Container about 7

Amount Per Serving

Calories 110

	% Daily Value*
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Sugars 22g	
Protein 2g	

Vitamin C 120% • Calcium 35%
Vitamin D 25% • Thiamin 10%
Niacin 4% • Folate 15%

0 SUGAR CUBES
WATER

5 SUGAR CUBES
SPORTS DRINK

Nutrition Facts
Serving Size 12 fl oz (355mL)
Servings Per Container 2.5

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Sodium 160mg	7%
Total Carbohydrates 21g	7%
Sugars 21g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, sugar, dextrose, citric acid, natural flavor, salt, sodium citrate, monopotassium phosphate, gum arabic, sucrose, acetate isobutyrate, glycerol ester of rosin, Yellow 6

16 SUGAR CUBES
SODA POP

Nutrition Facts
Serving Size 20 fl oz (591 mL)
Servings Per Container 1

Amount Per Serving
Calories 280

	% Daily Value*
Total Fat 0g	0%
Sodium 170mg	7%
Total Carbohydrates 77g	26%
Sugars 77g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Carbonated water, high fructose corn syrup, orange juice concentrate, citric acid, sodium hexametaphosphate (to protect flavor), sodium benzoate (preserves freshness), natural flavor, caffeine, sodium citrate, gum arabic, calcium disodium EDTA (to protect flavor), Red 40, brominated vegetable oil, Yellow 5, Blue 1

3 SUGAR CUBES
1% MILK

Nutrition Facts
Serving Size 1 cup (240mL)
Servings Per Container 8

Amount Per Serving

Calories 110	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	5%
Potassium 410mg	12%
Total Carbohydrates 13g	4%
Dietary Fiber 0g	0%
Sugars 12g	
Protein 9g	

Vitamin A 10% • Vitamin C 0%
Calcium 30% • Iron 0%
Vitamin D 25%

10 SUGAR CUBES
ENERGY DRINK

Nutrition Facts
Serving Size 12 fl oz (360mL)
Servings Per Container 2

Amount Per Serving
Calories 160

	% Daily Value*
Total Fat 0g	0%
Sodium 310mg	13%
Total Carbohydrates 43g	14%
Sugars 41g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Warning label:
Not recommended for individuals under 18 years of age, pregnant or nursing women, or for those sensitive to caffeine. Daily caffeine consumption should be limited to approximately 400mg per day from all sources. This product has 220mg per package. Too much caffeine may cause nervousness, irritability, sleeplessness and, occassionally, rapid heartbeat.

5 SUGAR CUBES
FRUIT DRINK

Nutrition Facts
Serving Size 6 oz box
Servings Per Container 10

Amount Per Serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Sodium 15mg	1%
Total Carbohydrates 20g	7%
Sugars 20g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Water, high fructose corn syrup, contains less than 2% of ascorbic acid (vitamin C), artificial flavor, citric acid, sodium citrate, calcium disodium edta (preserves freshness), Red 40, Blue 1

16 SUGAR CUBES
CARAMEL FRAPPUCCINO

Nutrition Facts
Serving Size 16 fl oz
Servings Per Container 1

Amount Per Serving
Calories 400

	% Daily Value*
Total Fat 14g	22%
Sodium 240mg	10%
Total Carbohydrates 65g	22%
Sugars 63g	
Protein 4g	

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Ice, milk, coffee frappuccino syrup (sugar, water, salt, natural and artificial flavors, xantham gum, potassium sorbate, citric acid), coffee, whipped cream (cream, milk, mono and diglycerides, carra-geenan), vanilla syrup (sugar, water, natural flavors), caramel syrup (sugar, water, natural flavor, citric acid, potassium sorbate), caramel drizzle (sugar, corn syrup, butter, water, heavy cream, nonfat dry milk, natural flavors, salt, mono and diglycerides, soy lecithin, sulfite)