

Name: _____ Date: _____

Module 4: Water

Lesson Theme: Reinforce the benefits of drinking water daily and increase knowledge related to alternative sources of water.

ACTIVITY: Please complete the following chart and answer the questions below.

What's in my drink?

Remember: 4 grams = 1 teaspoon

Example 16 grams of sugar = 4 teaspoons

Note: The recommended daily consumption of sugar is less than 36 grams of sugar per day.

Name of Drink*	Grams of Sugar (Approx.)	Teaspoons of Sugar (Approx.)
Sweet Tea	32	8
Chocolate milk	20	5
Grape juice	48	12
Blended coffee drink with whipped cream	44	11
Soda	44	11
Slushie	36	9
Water	0	0
Sports Drink	21	5

*Per 12 fluid ounces

DIRECTIONS: Shade in the amount of sugar (in teaspoons) using the numbers from the graph.



1. If you drink three 12 oz cans of soda in one day, how many grams of sugar did you consume? 132 g
2. There are 40 grams of sugar in one can of soda, how many grams of sugar are in 3 cans? 120 g
3. Of the drinks on the list, which one do you think is the best one to have when you are thirsty? Why?

Water, because it does not have any sugar.
