

# How Much Sugar Are You Drinking?

K-2

M . 4 . 1

## Objectives

### Students will be able to:

- Identify sugar sweetened beverages.
- Distinguish high sugar drinks from low sugar drinks.
- Explain two risks of drinking too many sugar sweetened beverages.
- Explain two benefits of drinking fewer sugar sweetened beverages.
- Give examples of healthier drink choices.

## Standards Met

- **MD.B.3.** Classify objects into given categories; count the numbers of objects in each category and sort the categories by count.
- **MD.A.2.** Directly compare two objects with a measurable attribute in common to see which object has “more of”/“less of” the attribute, and describe the difference.

## Overview of Sugar Sweetened Beverages

**Did you know?** Most adults eat or drink about **18 teaspoons** of added sugar a day.

Added sugars are sugars and syrups that are added to foods and drinks when they are processed or prepared. These are different from natural occurring sugars such as the ones in fruits and milk. The more added sugars we eat and/or drink, the more calories we consume, and the more likely we are to gain weight.

**Healthy People 2020 Goals** are to “reduce consumption of added sugars” as they increase calories in our diet and may promote obesity and other health problems. Sugar sweetened beverages are one of the highest sources of added sugars in the diet and contribute the most “empty calories.” Empty calories are foods and drinks that are high in calories but low in nutrients.

Some drinks that have added sugars include soft drinks, processed juices, sports drinks, chocolate milk, milkshakes, sweet teas, etc.

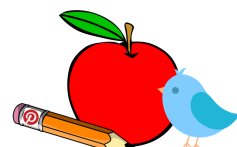
Reading ingredient labels is the best way to identify added sugars. Names for added sugars on food labels include:

Brown sugar • corn syrup • dextrose • fructose • invert sugar • lactose • malt syrup • maltose • nectars • sucrose

It is important to teach young students to recognize sugar sweetened drinks, help them understand the risks that these drinks pose to students’ health, and encourage them to choose healthier drinks such as water, milk and 100% natural fruit juices.

**For more information on sugar sweetened beverages, go to:**

[www.mentorprojectfiu.com](http://www.mentorprojectfiu.com)



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# Make The Connection

## Materials

- Worksheet: How Much Sugar Are You Drinking? for Grades K-2

Using the worksheet titled **“How Much Sugar Are You Drinking?” for Grades K-2**, help your students identify sugar sweetened beverages and choose low sugar options.

Ask your students about their favorite drinks and list examples on a board in two separate columns according to the sugar content (high sugar and low sugar) without labeling the columns. Then, let your students work together as a class to figure out which column contains the high sugar drinks and which one contains the low sugar drinks. Label the columns accordingly. Direct the attention to the sugar sweetened drinks and explain to your students that these drinks are very high in sugar and too much sugar makes it harder for the body to work at its best. Discuss health issues that can arise from having too much sugar in the diet.

Then, discuss the drinks in the low sugar column. Explain to the students these drinks are healthier because they can have many benefits. For example, water can keep us fueled during exercise and throughout the day, milk helps strengthen our bones and teeth, and natural fruit juices provide us with vitamins and minerals that help us grow healthy and strong.

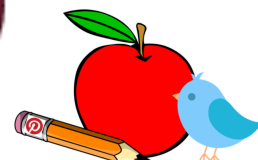
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Once you have reviewed all the drinks on the board, teach your students about comparison math skills. Explain the terms “greater than,” “less than,” and “equal to.” Make sure to show the students the corresponding symbols for the terms ( $>$ ,  $<$ ,  $=$ ). Give the students some numerical examples on the board, such as “ $7 > 5$ ,” then show some graphic examples by drawing sugar cubes on the board and comparing the amounts.

After the class discussion, do an overview of the **“How Much Sugar Are You Drinking?” worksheet for Grades K-2**. Explain the activity and clarify any questions the students may have.

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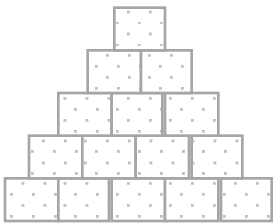
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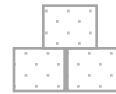
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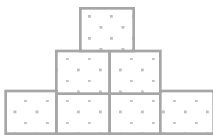
1) Count the number of sugar cubes in each beverage.



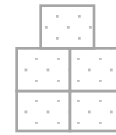
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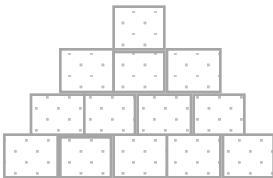
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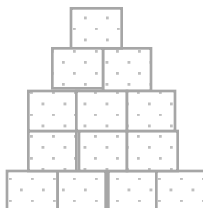
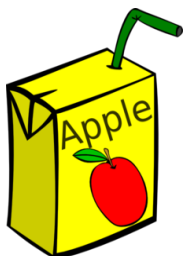
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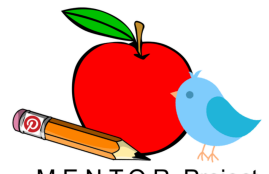
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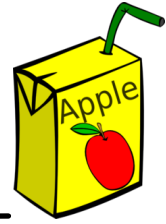
2) Use  $>$ ,  $<$  and  $=$  signs to compare the amount of sugar in each drink. Check question 1 to see how much sugar each drink has.



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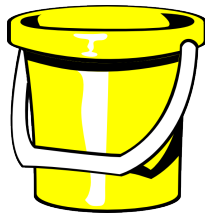
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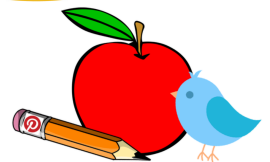
3) Draw a line to the matching bucket. Consider drinks with less than 6 sugar cubes O.K. in sugar.



O.K. Sugar



High Sugar



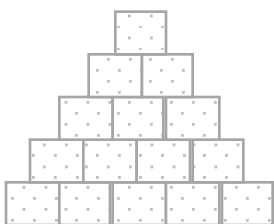
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## Answer Key

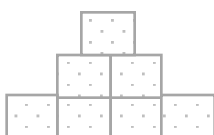
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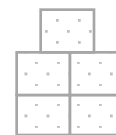
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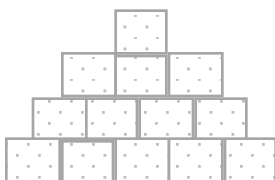
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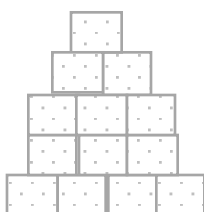
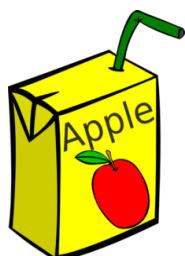
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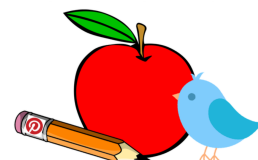
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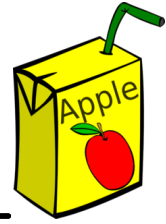
2) Use  $>$ ,  $<$  and  $=$  signs to compare the amount of sugar in each drink. Check question 1 to see how much sugar each drink has.



$>$



$<$



$<$



$>$



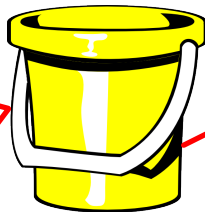
$>$



$=$



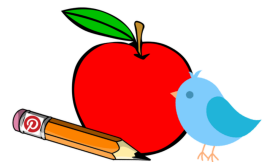
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