

# Sweetened Facts

3-5

SS.4.2

## Objectives

Students will be able to:

- Identify sugar sweetened beverages.
- Explain the risks of drinking too many sugar sweetened beverages.
- Identify healthier beverage options.

## Standards Met

- **B. 5.** Listening actively to spoken English in a range of social and academic contexts.
- **7.2.N** Practice how to take personal responsibility for limiting sugar (and salt) consumption in foods, snacks and beverages.

## 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.

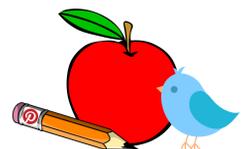
Reading ingredient labels is the best way to identify added sugars. Names for added sugars on food labels include:

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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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2015-69001-22041

## Make The Connection

### Materials

- Worksheet: Sweetened Facts for Grades 3-5
- Supplemental Material: Sugar Shockers and Nutrition Facts Label
- Materials to create a poster: cardboard, markers, empty bottles, sugar, tape, colors, magazine, etc.

Using the worksheet titled **“Sweetened Facts” for Grades 3-5**, help your students identify sugar sweetened beverages and explain the benefits of choosing low sugar options.

Engage your students in a discussion. As part of this activity, divide the blackboard in two. On one side you will write “sugar sweetened beverages” and on the other side you will write “beverages with natural sugars.” Then, write different sugar sweetened beverages and ask the students to volunteer ideas of beverages with natural occurring sugars with which they can substitute the sugar sweetened beverages. Support the class by providing a few examples as well.

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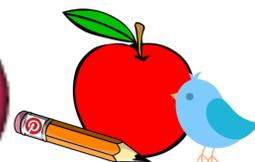
After the discussion, explain what sugar sweetened beverages are and write more examples on the board (E.g. chocolate milk, milkshakes, sports drinks, sodas, etc.). Tell students that these types of drinks are filled with “empty calories” which means that they are very high in calories and added sugars, but low in nutrients that power our body. Then, explain why we should drink lower sugar options.

Next, provide examples of lower sugar beverages that students could drink in place of sugary drinks. For example: substitute water for sodas, low or reduced-fat milk for chocolate milk, and vegetable and fruit smoothies for milkshakes. Remind them that water is the best option to keep their bodies hydrated.

Divide your classroom into five groups, each group should design a creative poster to encourage other students to decrease the consumption of sugar sweetened beverages based on the specifications given in the worksheet. If possible, try to post the creative poster on the suggested places. For more information, refer to the supplemental sheets titled “Sugar Shockers” and “Nutrition Facts Label.”

Lastly, do an overview of the **“Sweetened Facts” worksheet for Grades 3-5**. Explain the activity and clarify any questions the students may have.

3



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# Supplemental Material

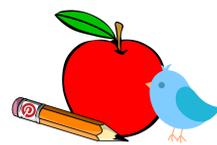
## For the Teacher: Sugar Shockers

### Things to Remember

- Use the Nutrition Facts Label.
- The label is based on the serving size.
- One teaspoon of sugar contains 4 grams (g) of sugar.

1. Collect different bottles of sugar sweetened beverages.
2. Locate the nutrition facts label. All the information in the nutrition facts label is based on the serving size. For example: there are 230 calories in a 2/3 cup serving size of cereal. Note: Be careful, most packages contain more than one serving per package. This is when the section of “Servings Per Container” comes to play. For example: there are eight 2/3 cup servings in a box of cereal.
3. If you want to figure out the amount of calories in the entire box of cereal, you need to multiply the calories per serving (230 calories) by the number of servings per container (8). By doing this, one can figure out that there are a total of 1,840 calories in the box of cereal.
4. Same principle applies to the sugar content, by multiplying the amount of sugar per serving (1 gram) by the number of servings per container (8), one can obtain the total amount of sugar in the box of cereal (8 grams).
5. 1 teaspoon of sugar contains 4 grams of sugar and, therefore, one can find out the amount of teaspoons of sugar in a food item by dividing the number of total sugar by 4. Based on the cereal box you need to divide 8 grams of sugar by 4grams per teaspoon, which leaves us with 2 teaspoons of sugar per serving.

Nutrition Facts	
Serving Size 2/3 cup (55g)	
Servings Per Container About 8	
Amount Per Serving	
<b>Calories</b> 230	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 1g	
<b>Protein</b> 3g	



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This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, under award number 2015-08001-21261

# Supplemental Material

## For the Teacher: Nutrition Facts Label

### Nutrition Facts Label of a 2-liter Coca-Cola Bottle

1. Find the serving size:  
12 fluid ounces (12 fl oz).

2. Find the servings per  
container: 6.

3. Find the amount of calories per serving size:  
140 calories.

4. Find the amount of calories per 2-liter bottle of Coca-Cola:  
 $140 \text{ calories/serving} \times 6 \text{ servings/bottle} = 840 \text{ calories per 2-liter bottle.}$

5. Find the amount of sugar per serving size:  
39 grams (g) of sugar.

6. Find the amount of sugar in each 2-liter bottle:  
 $39 \text{ g sugar/serving} \times 6 \text{ servings/bottle} = 234 \text{ g sugar/bottle.}$

7. Find the number of teaspoons of sugar in each 2-liter bottle:  
**Note:** there are 4 g of sugar per teaspoon  
 $312 \text{ g sugar} / 4 \text{ g sugar} = 78 \text{ teaspoons of sugar/bottle}$

Nutrition Facts	
Serving Size: 12 fl oz (360 mL)	
Servings Per Container 6	
Amount Per Serving	
Calories	140
%	
Total Fat	0g 0%
Sodium	45mg 2%
Total Carbohydrates	39g 13%
Sugars	39g
Protein	0g
Not a significant source of calories from fat, saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	



Name: \_\_\_\_\_ Date: \_\_\_\_\_

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3-5

Design a creative poster with your group to encourage other students to drink less sugar sweetened beverages. Once the poster is done, post it in your classroom or in one of the places suggested below.

1. Encourage other students to drink less sports drinks - Recommended place: Gym
2. Encourage other students to drink less sodas  
Recommended place: Cafeteria
3. Encourage other students to drink less chocolate milk and drink low or reduced-fat milk instead  
Recommended place: Cafeteria
4. Encourage other students to drink less processed juices - Recommended place: Main Hallway
5. Encourage other students to drink more water.  
Recommended place: Main Hallway



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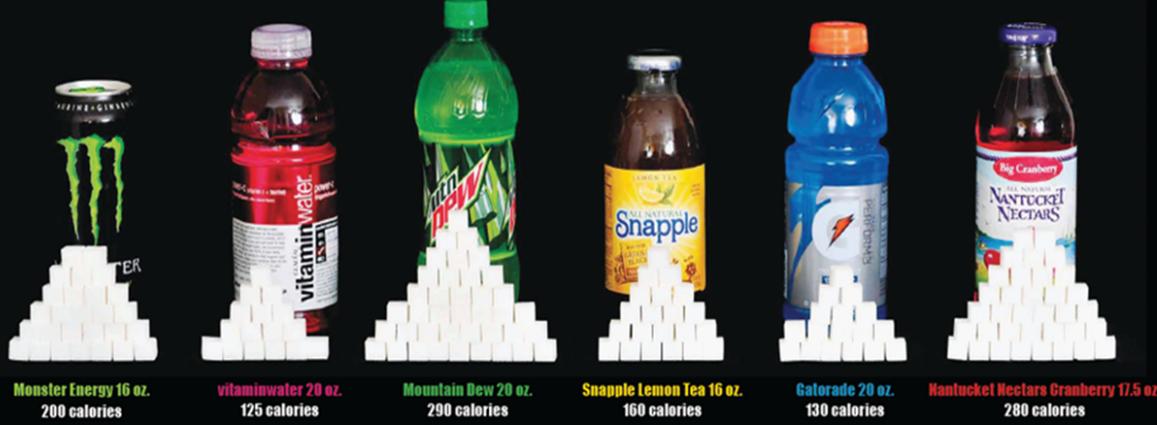
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Example: Sugar Shocker Poster

## How much sugar is in your drink?

Based on the ADA standard of 4 grams of sugar per teaspoon.



**13.5**  
teaspoons

**8**  
teaspoons

**19.25**  
teaspoons

**10.5**  
teaspoons

**8.5**  
teaspoons

**17.5**  
teaspoons

Consumption of sugar sweetened beverages may be the single largest driver of the obesity epidemic according to a 2009 study in the New England Journal of Medicine.

**Average sugar sweetened beverage consumption by youth**

Age Group	Boys (gallons/year)	Girls (gallons/year)
Ages 2-5:	47	41
Ages 6-11:	60	51
Ages 12-19:	108	77

Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System, 2003-2008. Data are based on self-reported consumption of all beverages on the survey day.

The extra calories from adding just one 20 oz Mountain Dew to your regular diet every day for a year would be enough calories to cause a 30 pound weight gain.



**Alliance for a Healthier Rhode Island**

c/o Rhode Island Medical Society

This artwork was created by our colleagues from the Alliance for a Healthier Vermont. We thank them for sharing!

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