

# My Favorite Drink

3-5

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## Objectives

### Students will be able to:

- Identify sugar sweetened beverages.
- Determine the amount of sugar in drinks by reading the nutrition facts label.
- Find healthier substitutes for sugar sweetened beverages.

## Standards Met

- **MD.2.** Measure and estimate liquid volumes and masses of objects using standard units of grams (g), kilograms (kg), and liters (l).<sup>6</sup> Add, subtract, multiply, or divide to solve one-step word problems involving masses or volumes that are given in the same units.
- **W.4.1.** Write opinion pieces on topics or texts, supporting a point of view with reasons and information.
- **C.9.** Expressing information and ideas in formal oral presentations on academic topics.

## 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.

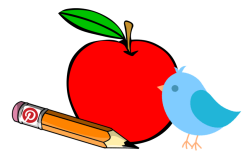
Some drinks that have added sugars include soft drinks, processed juices, sports drinks, chocolate milk, milkshakes, sweet teas, etc.

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: My Favorite Drink for Grades 3-5
- Supplemental Material: Sugar Shockers, Nutrition Facts Label and Sugary Nutrition Facts Labels
- Nutrition Facts Labels of various drinks (Recommended: Coca-Cola, Capri Sun, Chocolate Milk, Low-fat Milk and Water)
- For the student: The container of student's favorite drink, sugar, measuring spoons and a Ziploc bag

Bring to class different nutrition facts labels. Explain how the nutrition facts label is found in most packaged foods and drinks and how it lists the nutrient information of foods and drinks. This information includes the serving size, the servings per container, calories, total fat, total carbohydrate, sugar, protein, etc.

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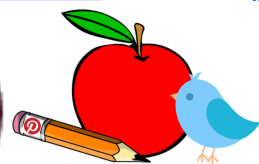
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Briefly explain the difference between added sugars and natural occurring sugars in drinks. Mention that added sugars can make it hard for the body to work at its best and mention some health issues that may arise from having too much sugar in the diet (ex. overweight, obesity, diabetes and heart disease). Then, discuss the drinks with natural sugars. Explain to students that these drinks are a better option because they may provide more 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 strong and healthy.

Redirect the discussion to the nutrition facts label. Ask students if they have ever noticed the label in the packaging of food or drinks. Refer to the supplemental material titled "Nutrition Facts Label" and "Sugary Nutrition Facts Label" and proceed to explain how to read the label. Place a special focus on the serving size, serving per container, calories per serving and sugars per serving. Explain to students that the first thing they need to read is the serving size of each food or drink. All the information in the nutrition facts label is based on the serving size. For example: there is 230 calories in a 2/3-cup serving size of cereal. Refer to supplemental material titled "Sugar Shocker" for more information on how to interpret the nutrition facts label.

Do an overview of the **"My Favorite Drink" worksheet for Grades 3-5**. Explain the two activities. The first activity consists of a home activity and the second activity consists of a short in-class presentation based on the home activity.

3



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# Supplemental Material

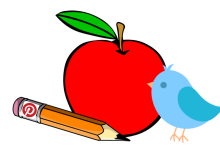
## For the Teacher: Sugar Shockers

### 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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# 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.

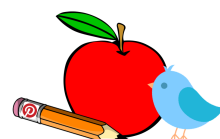
**4. Find the amount of calories per 2-liter bottle of Coca-Cola:**  
 $140 \text{ calories/serving} \times 6 \text{ servings/bottle} = 840 \text{ calories per 2-liter bottle.}$

**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	
% Daily Value*	
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.	



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# Supplemental Material

## For the Teacher: Sugary Nutrition Facts Labels

### Chocolate Milk 1 glass = 8 ounces (oz)

#### Nutrition Facts

Serving Size 1 cup 8 fl oz 266g (266 g)  
Servings per container 1

##### Amount Per Serving

Calories 226      Calories from Fat 78

% Daily Value\*

Total Fat 9g      13%

Saturated Fat 5g      25%

Trans Fat

Cholesterol 24mg      8%

Sodium 154mg      6%

Total Carbohydrate 32g      11%

Dietary Fiber 1g      4%

Sugars

Protein 9g

Vitamin A      5% • Vitamin C      0%

Calcium      25% • Iron      4%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

www.NutritionData.com

### Coca-Cola 1 can = 12 oz

#### Nutrition Facts

Serving Size 1 Child Size, 12 fl oz 253g  
(253 g)

Servings per container 1

##### Amount Per Serving

Calories 110      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 11mg      0%

Total Carbohydrate 30g      10%

Dietary Fiber 0g      0%

Sugars 30g

Protein 0g

Vitamin A      0% • Vitamin C      0%

Calcium      0% • Iron      0%

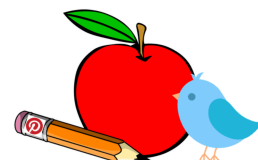
\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

www.NutritionData.com



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# Supplemental Material

## Sugary Nutrition Facts Labels

### Mango Juice

1 glass = 8 oz

#### Nutrition Facts

Serving Size 1 cup 251g (251 g)

Servings per container 1

##### Amount Per Serving

Calories 128      Calories from Fat 1

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 13mg      1%

Total Carbohydrate 33g      11%

Dietary Fiber 1g      3%

Sugars 31g

Protein 0g

Vitamin A      35% • Vitamin C      64%

Calcium      4% • Iron      5%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

www.NutritionData.com

### Gatorade

1 bottle = 21.5 oz

#### Nutrition Facts

Serving Size 1 bottle 609g (609 g)

Servings per container 1

##### Amount Per Serving

Calories 158      Calories from Fat 0

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 238mg      10%

Total Carbohydrate 39g      13%

Dietary Fiber 0g      0%

Sugars 32g

Protein 0g

Vitamin A      0% • Vitamin C      4%

Calcium      1% • Iron      2%

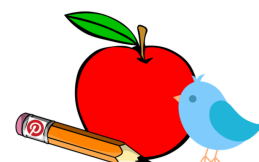
\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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# Supplemental Material

## Sugary Nutrition Facts Labels

### Capri Sun

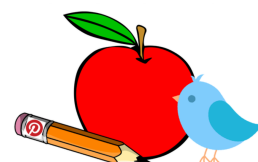
1 pouch = 6 oz

Nutrition Facts			
Serving Size Custom Food 170g (170 g)			
Servings per container 1			
Amount Per Serving			
Calories 60		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 15mg		1%	
Total Carbohydrate 17g		6%	
Dietary Fiber 0g		0%	
Sugars 16g			
Protein 0g			
Vitamin A		0% • Vitamin C	0%
Calcium		0% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
www.NutritionData.com			

### Water

1 cup = 8 oz

Nutrition Facts			
Serving Size 1 cup 8 fl oz 237g (237 g)			
Servings per container 1			
Amount Per Serving			
Calories 0		Calories from Fat 0	
% Daily Value*			
Total Fat 0g		0%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 9mg		0%	
Total Carbohydrate 0g		0%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 0g			
Vitamin A		0% • Vitamin C	0%
Calcium		1% • Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4
www.NutritionData.com			



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

# My Favorite Drink

3-5

## Home Activity:

Based on the examples done in class answer the following questions:

1) Select your favorite sugar sweetened beverage.

My favorite sugary beverage is: \_\_\_\_\_

2) Read carefully the Nutrition Facts label. Place special attention on the *Serving Size, Servings Per Container* and *Sugars*.

3) Calculate the amount of total sugar (in grams) and the number of teaspoons of sugar in the beverage. Note: there are 4 grams of sugar in 1 teaspoon. Show your calculations:

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4) Keep the container of your favorite sugary drink. In a Ziploc bag, measure with a teaspoon the amount of sugar that the drink has.

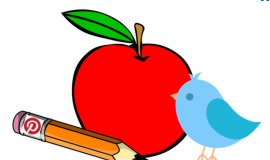
5) Using tape, attach the Ziploc bag with the sugar to the bottle of the beverage and bring it to class.

6) Research a beverage with lower sugar with which you can substitute your favorite sugary beverage. Explain why it is considered a better choice.

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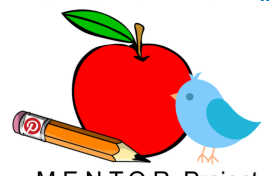
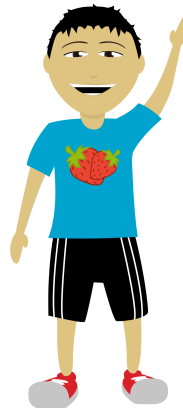
# My Favorite Drink

3-5

## In Class Activity:

Give a brief presentation in class about the information you found in the home activity. You should present on the following items:

- a) Your favorite sugar sweetened beverage.
- b) The Nutrition Facts label of the beverage, especially the serving size, servings per container and amount of sugar.
- c) Show the package of your sugary drink with the Ziploc bag containing the sugar.
- d) State the number of teaspoons of sugar in the beverage.
- e) Name a beverage with lower sugar with which you can substitute your favorite sugary beverage. Explain why it is considered a better choice.



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

# My Favorite Drink

3-5

## ANSWER KEY

### Home Activity:

Based on the examples done in class answer the following questions:

1) Select your favorite sugar sweetened beverage.

My favorite sugary beverage is: Coca-Cola

2) Read carefully the Nutrition Facts label. Place special attention on the *Serving Size, Servings Per Container* and *Sugars*.

3) Calculate the amount of total sugar (in grams) and the number of teaspoons of sugar in the beverage. Note: there are 4 grams of sugar in 1 teaspoon. Show your calculations:

Serving Size: 1 can. Servings per Container: 1.

Amount of sugar: 39 grams x 1 = 39 grams.

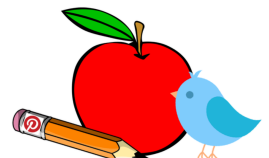
Teaspoons of sugar: 39 grams / 4 grams = 9.75 teaspoons.

4) Keep the container of your favorite sugary drink. In a Ziploc bag, measure with a teaspoon the amount of sugar that the drink has.

5) Using tape, attach the Ziploc bag with the sugar to the bottle of the beverage and bring it to class.

6) Research a beverage with lower sugar with which you can substitute your favorite sugary beverage. Explain why it is considered a better choice.

I can substitute the Coca-Cola for a homemade lemonade because the lemonade gives me vitamins and minerals from the fruit and it has less sugar than the Coca-Cola.



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