Investigating Beverages

Drink #1_____

One Serving Size: _____

Calories per serving:_____

Grams of Sugar per serving:_____

Teaspoons of Sugar per serving (Grams divided by 4): _____

Identify the sugar aliases from the label:_____

_____

Does this beverage contain natural or added sugars? Circle one.

Does this beverage contain >12 grams of sugar? Yes or No

Is this a low sugar beverage? Explain

Drink #2_____

One Serving Size: _____

Calories per serving:_____

Grams of Sugar per serving:_____

Teaspoons of Sugar per serving (Grams divided by 4): _____

Identify the sugar aliases from the label:_____

_____

Does this beverage contain natural or added sugars? Circle one.

Does this beverage contain >12 grams of sugar? Yes or No

Is this a low sugar beverage? Explain

Drink #3_____

One Serving Size: _____

Calories per serving:_____

Grams of Sugar per serving:_____

Teaspoons of Sugar per serving (Grams divided by 4): _____

Identify the sugar aliases from the label:_____

_____

Does this beverage contain natural or added sugars? Circle one.

Does this beverage contain >12 grams of sugar? Yes or No

Is this a low sugar beverage? Explain

Drink #4_____

One Serving Size: _____

Calories per serving:_____

Grams of Sugar per serving:_____

Teaspoons of Sugar per serving (Grams divided by 4): _____

Identify the sugar aliases from the label:_____

_____

Does this beverage contain natural or added sugars? Circle one.

Does this beverage contain >12 grams of sugar? Yes or No

Is this a low sugar beverage? Explain

Drink #5_____

One Serving Size: _____

Calories per serving:_____

Grams of Sugar per serving:_____

Teaspoons of Sugar per serving (Grams divided by 4): _____

Identify the sugar aliases from the label:_____

_____

Does this beverage contain natural or added sugars? Circle one.

Does this beverage contain >12 grams of sugar? Yes or No

Is this a low sugar beverage? Explain

Rank the beverages using the above information from the least amount of sugar to the most amount of sugar.

How did this ranking compare to the initial ranking your group did prior to reading the labels? Refer to the picture if necessary.

Explain what this activity taught you about sugary beverages and the importance of reading labels?