

Think Your Drink: Sugar Cube Activity

Target Audience: *Upper Elementary to Adult*

Education Setting: *Display – Interactive or Static (Adaptable for classroom)*

Objectives:

- Demonstrate the amount of added sugar in common drinks.
- Illustrate that milk, even flavored milk, is a nutrient-rich choice.
- Encourage students to make healthy choices to carry with them throughout their lives.

Materials Needed:

- Think Your Drink Sugar Cube Activity Chart
- Sugar cubes, 19 total (or use sugar packets, measured granulated sugar, or dice)
- Think Your Drink! poster or handout

Set-up:

1. Display Think Your Drink Sugar Cube Activity Chart according to setting: interactive or static.
2. Display Think Your Drink! poster or handout to view along with the chart and activity.
3. See photo on page 2 for chart.

Background Information:

Please note that your audience may be tempted to eat sugar cubes sitting out. If this is a concern for you, you could use sugar packets, dice (show that one die is about one teaspoon), or measure the added sugar for each drink into separate plastic bags.

Lesson Activity:

Use the table “Amount of sugar in each drink” on page 2 for the answers to display on the Think Your Drink Sugar Cube Activity Chart. Depending on setting, choose how to display added sugar:

Interactive: Allow students to guess the number of sugar cubes that belong with each drink, then place the correct number of sugar cubes on the display chart.

Static: Have the correct amounts of sugar cubes already placed on the display chart for viewing.

Discuss:

- Use the added sugar information provided in the table on page 2 to display the amount of sugar that is added to drinks, not sugar that is naturally occurring. Regular milk has 12 grams of naturally occurring lactose sugar. Chocolate milk has 25 grams of total sugar. Therefore, chocolate milk has 13 grams of added sugar:
$$25 \text{ g of total sugar} - 12 \text{ g lactose} = 13 \text{ g added sugar}$$
- Point out the nutrients listed for each drink on the Think Your Drink! poster or handout. Milk, white or flavored, contains calcium and eight other essential nutrients we need everyday.
- Notice the serving size listed on the food labels of various drinks. A bottle of soda may be 20 ounces, but the serving size is listed as 8 ounces. If you drink the whole bottle, you drink 2.5 times the amount of sugar listed!
- Research shows that excess sugar is connected with tooth decay. Additionally, sugar is referred to as being empty calories. This means that it provides calories that we use for energy, but does not provide other nutrients. It gives a burst of energy, then a quick drop even lower in energy, without beneficial nutrients. Also, excess calories that we don't use as energy, can lead to weight gain.

Think Your Drink: Sugar Cube Activity

Amount of sugar in each drink:

<i>Drink</i>	<i>Total Sugar</i>	<i>Added Sugar</i>	<i>Number of Sugar Cubes*</i>
White Milk (8 oz)	12 g	0 g	0
Chocolate Milk (8 oz)	25 g	13 g	3
Soda (8 oz)	26 g	26 g	6
10% Juice Drink (6.75 oz)	26 g	24 g	6
Orange Juice (6 oz)	20 g	0 g	0

- * To convert grams of sugar to teaspoons: four grams of sugar is equal to one teaspoon of sugar. Divide the number of grams of added sugar by four, and that equals the number of teaspoons of added sugar. For the example of chocolate milk:

$$13 \text{ g sugar} / 4 \text{ g sugar} = 3 \text{ teaspoons of added sugar}$$
- * One sugar cube or sugar packet is equal to one teaspoon.

Reinforce:

- Ask students to share what they learned from the activity.
- Encourage students to regularly choose milk to drink.

Recommended Supplemental Resources:

- Think Your Drink
- Milk's Unique Nutrient Package

Think Your Drink Sugar Cube Activity Chart:

Guess the "added" cubes/tsp of sugar in each drink?

THINK YOUR DRINK!

Sugar Cubes Here



2% REDUCED FAT MILK
1 Cup

Sugar Cubes Here



1% LOWFAT CHOCOLATE MILK
1 Cup

Sugar Cubes Here



SOFT DRINK
8 Fluid Ounces

Sugar Cubes Here



10% JUICE DRINK
6.75 Fluid Ounces

Sugar Cubes Here



ORANGE JUICE
3/4 Cup