

Name: _____

What's in My Drink?

Name of Drink	Grams of Sugar*	Teaspoons of Sugar	Vitamin C (mg)	Calcium (mg)
Gatorade	21		0	0
Coke	41		0	0
Pepsi	41		0	0
Fruitopia	42		90	0
Chocolate Milk	42		4	450
2% Milk	42		4	450
Orange Juice	41		90	0
Kool-Aid	24		9	0
Crystal Light	0		0	0
Hot Chocolate	46		0	80
Water	0		0	0
Grape Juice	48		72	0
V8	16		101	41
Tomato Juice	15		67	33

*per 12 oz.

1. Calculate how many teaspoons of sugar are in each drink. Write your answers in the table above (1 teaspoon of sugar equals 4 grams of sugar). Hint: divide the grams of sugar by 4 to get the teaspoons.
2. Draw a bar graph of the number of grams of sugar in Coke, 2% milk and orange juice.

50 grams			
40 grams			
30 grams			
20 grams			
10 grams			
	Coke	2% Milk	Orange Juice

3. How many more grams of sugar does a serving of Kool-Aid have than a serving of Gatorade?

4. How many fewer grams of sugar does a serving of milk have than a serving of Fruitopia?

5. If you drink three 12 oz. Pepsis in one day, how many grams of sugar would you have consumed?

6. If there are 9 teaspoons of sugar in one can of Pepsi, how many teaspoons are in 3 cans?

7. Which drink has the most vitamin C per serving?

8. Why is vitamin C important for our bodies?

9. Which drink has the most calcium per serving?

10. Why is calcium important for our bodies?

11. What do you think is the best drink to have when you are thirsty? Why?