

How much sugar do you consume?

Did you know that bacteria in your mouth uses sugar to produce acids that damage your teeth?

Let's find out how much sugar is in the things you eat or drink.



What you'll need

- 5 clear cups
- Food or drink items
- Sugar
- teaspoon

Steps

1. Find 5 items in your pantry or fridge that you have daily. Try to find a mix of healthy items and treats.
2. Without looking at the food label try and put them in order from least sugar to most sugar. Record your prediction in the results table.
3. Find out how much sugar is in each product according to the food label and record it in the results table.
4. Convert the gram of sugar to teaspoons.
5. Spoon out the teaspoons of sugar into a plastic cup. One cup per item.
6. Place each cup in front of the item and check your order. Did you get it right?
7. Does anything you found surprise you?



Results			
Items	Grams of sugar	Teaspoons of sugar	Actual order
<i>(In order from least sugar to most sugar)</i>	Four grams of sugar = 1 teaspoon of sugar		<i>Did you get it right?</i>