

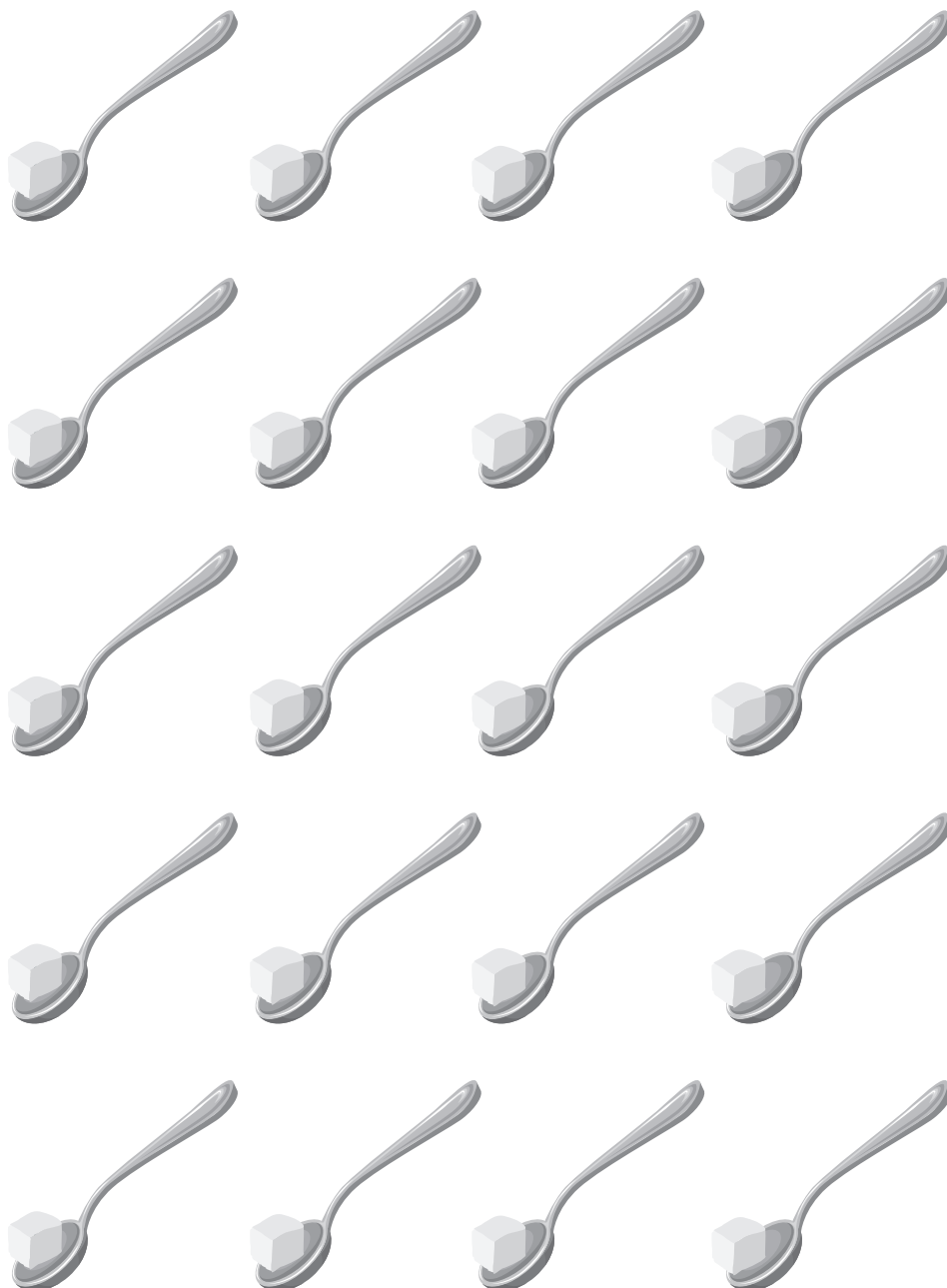
Name: _____

How Much Sugar?

Instructions: How many spoons of sugar are in one can of soda? Draw a circle around the right number of spoons.



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"10 spoons! That's way too many! It's more than just a treat!
It's bad for us from top to toe—from our heads down to our feet."



Answer Key: 10 spoons of sugar

Bay Area Nutrition & Physical Activity Collaborative