

How Sugar Savvy are you?

Post test

Gender: _____

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

Age: _____

1. How many servings are in a 20 oz soda? (An example would be coke)
2. How many teaspoons of sugar are in a bottle of water?
3. Looking at the below Nutrition Label how much total sugar is in this drink?

Nutrition Facts

Serving Size 8 oz

Servings per container 2.5

Amount Per Serving

Calories from Fat 0

Calories 97

% Daily Values*

Total Fat 0g **0%**

Saturated Fat -

Cholesterol 0mg **0%**

Sodium 33mg **1%**

Total Carbohydrate 39g **9%**

Dietary Fiber 0g **0%**

Sugars 27g

Protein 0g

4. Do you think that this is a good drink choice? Why

5. Can you name 1 health risk for drinking or eating too much sugar?

6. How likely are you to stop drinking soda and other sugary drinks this summer?

7. What is the most interesting thing you learned about sugar?