

How Sugar Savvy are you?

Pretest

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

Gender: _____

Age: _____

1. How many servings are in a 20 oz soda? (An example could 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?