

# Sugar Shocker Activity Breakdown

**Activity In Classroom:** Perform sugar shocker in the classroom with common foods and drinks that your students are drinking.

Options: take a poll to see what are the common things kids drink and snack bars they eat

4 grams = 1 teaspoon of added sugar when reading nutrition labels

Tools needed for activity:

- Clear plastic cups
- 1 pound bag of sugar
- preferred drinks, bar, breakfast item and high sugar yogurt

Have students volunteer and come up to demonstrate they know how to read a nutrition label and convert the grams → teaspoons. Once they correctly identify number of teaspoons, have them spoon out the teaspoons of sugar into the plastic cup! See sugar shocker video for example prior to conducting in your classroom.

## Examples of drinks to use in the sugar shocker activity:

1. Venti Starbucks Java Chip Frappuccino 85g = 21 teaspoons
2. High Sugary Yogurt (Yoplait) 26g = 6.5 teaspoons
3. Monster – 50g per can = 12.5 teaspoons
4. Orange juice (Tropicana – 8oz) – 22g = 5.5 teaspoons
5. Coca Cola (20oz bottle) – 65g = 16 teaspoons
6. Gatorade – 21g per bottle = 5 teaspoons
7. Vitamin Water – 32g per bottle = 8 teaspoons
8. Arizona Iced Tea – 42.5g per can = 10.5 teaspoons
9. Apple juice 32g – 8 teaspoons
10. Jamba Juice Strawberry Surf Rider – small – 70g = 17.5 teaspoons

