

Think What You Drink – Part I

Activity 2

What do you drink when you're thirsty? Water would be a good choice. Your body needs lots of water everyday to keep running smoothly, and water is a good thirst quencher. But most people are influenced by advertising that wants to convince us that the only thing that will satisfy us is a cola or sweet drink.

We're going to compare the sugar and nutritional content of several drinks – cola drinks, fruit drinks and fruit juices.

Materials Needed:

- Empty, dry can or bottle of soda pop
- Can or bottle of soda to which you added 9 teaspoons sugar
- Clear glass
- Measuring spoon
- 100% fruit juice
- Fruit juice
- Package of powdered fruit drink mix

First, let's talk about soft drinks or soda pop.

Why should we drink soda pop? (**Refer to label on soda can.**) What vitamins does it contain? Does soda have any protein?

Soda pop has absolutely nothing in it that is nutritional; its sugar, carbonated water, and flavoring. It can cause tooth decay, and it contains caffeine, a drug that affects nerves. But many people drink pop anyway. You can buy it just about everywhere, and many famous people tell you how great it is. If soft drinks are somewhere between useless and harmful, why do we drink them? The companies that make them spend millions of dollars to convince us we want soda pop! We do like their sweet taste.

Q: Does anyone know how many teaspoons of sugar are in one can of soda?

Directions: Illustrate this point with an empty, dry pop can. Before class, pour 9 teaspoons of sugar into the can. In class, dramatically pour out the sugar into a teaspoon measuring spoon and then into a clear glass, having participants count the number of teaspoons you pour out. In pop, the sugar is there, it is just dissolved. Unfortunately, the label doesn't tell us this information!

Q: Are fruit drinks or fruit juices better?

Directions: Carefully read the labels. Look for the word "juice." (Show several samples: a 100% juice, a juice drink and a powdered drink mix.) Only products that are 100% juice can be called fruit juice. When a product contains less, the label must tell you how much. A fruit drink may contain only 10% real juice. The rest is flavored water and sugar.

Think What You Drink – Part II

Activity 2

How many pounds of sugar do you consume from the soda you drink?

1. Write the number of 12-ounce cans of soda you drink in one week.
2. Multiply that number by 9, the number of teaspoons of sugar in one can of soda.

$$\frac{\text{Number of sodas in one week}}{\text{Number of sodas in one week}} \times 9 \text{ teaspoons sugar} = \frac{\text{Total number of teaspoons of sugar in one week}}{\text{Total number of teaspoons of sugar in one week}}$$

3. Multiply your TOTAL number by 52 to find out how many teaspoons of sugar you eat in one year.

$$\frac{\text{Total number of teaspoons of sugar in one week}}{\text{Total number of teaspoons of sugar in one week}} \times 52 = \frac{\text{Number of teaspoons of sugar in one year}}{\text{Number of teaspoons of sugar in one year}}$$

4. Divide that number by 108 to find out how many pounds of sugar you eat in one year from soda (108 teaspoons of sugar = 1 pound).

$$\frac{\text{Number of teaspoons of sugar in one year}}{\text{Number of teaspoons of sugar in one year}} \div 108 = \frac{\text{Pounds of sugar consumed in one year from soda}}{\text{Pounds of sugar consumed in one year from soda}}$$

**Remember, you also eat many other foods which contain sugar.
Each American eats about 125 pounds of sugar each year!
That's a lot of sugar!**