

# Activity 1: Worksheet

## How Much Sugar is in Your Beverage?

*Follow these steps to find out!*

- Step 1.** Look at the “Nutrition Facts” panel.
- Step 2.** Write down the number of “Servings per Container” \_\_\_\_\_
- Step 3.** Write down how many “Grams of Sugar” \_\_\_\_\_
- Step 4.** Multiply “Servings per Container” by “Grams of Sugar”

	<input type="text"/>	grams of sugar
<b>X</b>	<input type="text"/>	servings per container
<hr/>		
	<input type="text"/>	total grams of sugar in the whole container

- Step 5.** Divide “Total Grams of Sugar” by 4. This will tell you how many teaspoons of sugar are in your beverage container.

<input type="text"/>	total grams of sugar	=	<input type="text"/>
<hr/>			
	<b>4</b>		<b>Teaspoons of sugar in the whole container</b>