

Measure the amount of sugar in the following drinks.

4 grams = 1 teaspoon



Nesquik has 21 grams of added sugar / 8oz bottle

$21g \div 4 \text{ tsp} = 5 \frac{1}{4}$ teaspoons of sugar per 8oz



Gatorade has 24g sugar / 20 oz bottle

how many teaspoons of sugar in one bottle?



Coke has 39g sugar per 12 oz can

how many teaspoons of sugar in one can?



Sprite has 38g sugar per 12 oz can

how many teaspoons of sugar in one can?

Bonus

What is your favorite drink?

Look at the label and measure the amount of sugar in one serving.

answers: coke- 9.75 tsp, sprite- 9.5 tsp, gatorade- 6 tsp



THE W.E.L.L. CLINIC

by Children's Primary Care Medical Group