4-H VOLUNTEER INFORMATION SERIES

Nebraska 4-H Youth Development

Club Activity Idea: Think Your Drink

Outcome Area: __ SET __X__ Healthy Lifestyles __ Life Skills __ Career Development

Curriculum Area: Food and Nutrition; Physical Fitness

Specific Project (s): *Fast Foods!; Six Easy Bites; Tasty Tidbits; You're The Chef; YOUth in Motion*

Description of Activity: This activity will help members see how much sugar is added to various beverages.

Age Level: Any

Group Size: Can be adapted for almost any size

Time Involved: Preparation time: 10 minutes Activity time: 15 - 30 minutes; Depends on number of beverages.

Materials Needed:

- Several beverage containers with nutrition labels
- Measuring spoons; teaspoons
- Sugar
- Clear drinking glasses

Activity:

1. Depending on the number of individuals, divide members into small groups, have them work individually, or if they are too young to do the calculations it may be necessary to demonstrate how to determine the amount of sugar per beverage.

2. Provide each group with a label(s) from various beverages. Have members read the labels and figure out how many servings are in each container. Example: A 20 ounce container is 2.5 servings. *Six Easy Bites*- Leaders Guide, Page 13, gives label reading details.

3. Multiply the number of grams of sugar (see nutritional label) per serving by the number of servings in the container.

4. Divide the number by 4. One teaspoon equals four grams of sugar.

5. Have the members measure out the number of teaspoons of sugar per serving for their beverage into a clear glass, or the leader may choose to do this.

6. Compare the amount of sugar in the various beverages.

7. Discuss the effects excess sugar has on our bodies.

Lesson Developed by: Tanya Crawford, University of Nebraska-Lincoln Extension

Source: New England Dairy & Food Council; http://www.newenglanddairycouncil.org

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

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