



It All Adds Up

Objectives:

Students will:

- Observe how much sugar is in the foods they eat and practice math concepts related to sugar quantities
- Explore the health consequences of consuming too much sugar

Materials:

- 5-pound bag of sugar, teaspoons, clear plastic baggies
- Food labels (students may use actual food packaging or research the labels online)
- “It All Adds Up” handout

Class Time:

- 45 minutes

Activity:

How much sugar is in those cookies you ate after school? How about the soft drink you washed them down with? Let’s find out. Get the food labels for a favorite snack and a drink, and locate the total grams of sugar for each. Be sure to pay attention to serving size!) Remember: **4 grams of sugar equals 1 teaspoon**. So how many teaspoons are in each of your items? Measure the total amount of teaspoons of sugar into a baggie. Is that more or less than you thought? Discuss your findings as a class. Which snacks and drinks have the most sugar? Which have the least? Use the “It All Adds Up” handout to solve some sugar math problems.

Extensions:

1. Create a bar graph showing the class’s findings.
2. Sugar may taste good, but too much of it isn’t healthy. Write a paragraph explaining why.
3. Be a sugar detective! In an ingredient list, sugar can hide under at least 50 other names (high-fructose corn syrup, sucrose, lactose, maltose, dextrose, syrup, and cane juice, to name a few). Circle the hidden sugars on food labels.

Reproducible Materials

Handout: A Tale of Two Foods

KidsHealth.org/classroom/3to5/personal/nutrition/food_labels_handout1.pdf

Handout: It All Adds Up

KidsHealth.org/classroom/3to5/personal/nutrition/food_labels_handout2.pdf

Quiz: Food Labels

KidsHealth.org/classroom/3to5/personal/nutrition/food_labels_quiz.pdf

Answer Key: Food Labels

KidsHealth.org/classroom/3to5/personal/nutrition/food_labels_quiz_answers.pdf



Name: _____

Date: _____

A Tale of Two Foods

Instructions: Use the worksheet below to compare the nutritional information of two foods.

Food 1 _____

Serving Size _____

Servings Per Container _____

Calories

Sugars _____ grams

Total Fat _____ grams

Protein _____ grams

Dietary Fiber _____ grams

Vitamins and/or Minerals (most to least):

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients:

1. _____

2. _____

3. _____

Food 2 _____

Serving Size _____

Servings Per Container _____

Calories

Sugars _____ grams

Total Fat _____ grams

Protein _____ grams

Dietary Fiber _____ grams

Vitamins and/or Minerals (most to least):

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

_____, % Daily Value _____

First 3 Ingredients:

1. _____

2. _____

3. _____

1. Which food has more calories? _____
2. Which has more sugar? _____
3. Which has more fat? _____
4. Which has more protein? _____
5. Which has more fiber? _____
6. Which is the healthier choice? _____



Name: _____

Date: _____

It All Adds Up

Instructions: Find out how much sugar is in your favorite snack and drink, and then solve the word problems below.

Snack _____

Serving Size _____

Servings Per Container _____

Sugar (Grams) in 1 Serving _____

Drink _____

Serving Size _____

Servings Per Container _____

Sugar (Grams) in 1 Serving _____

How much sugar would you be eating or drinking if you:

1. Ate the entire snack and drank all of the drink?

2. Ate three servings of the snack and drank two servings of the drink?

3. Split one serving of the snack and one serving of the drink with a friend?

4. Had two servings of the snack and of the drink every day for a week?

If 1 teaspoon of sugar has 16 calories, how many calories from sugar is in your snack and in your drink?



Name: _____

Date: _____

Quiz

Instructions: Answer each question.

1. True or false: If something is listed as one of the first three ingredients on a Nutrition Facts food label, it means the food probably contains a lot of it.
2. On a food label, most nutrients are written in grams (g) or milligrams (mg). There are _____ milligrams in 1 gram.
3. True or false: Because food labels are written according to the calorie needs of adults, they are not useful to kids.
4. Sugar is a kind of:
 - a. protein
 - b. fat
 - c. carbohydrate
 - d. cholesterol
5. There are three kinds of fats typically listed on a food label: _____, _____, and _____.



Quiz Answer Key

1. True or false: If something is listed as one of the first three ingredients on a Nutrition Facts food label, it means the food probably contains a lot of it.
2. On a food label, most nutrients are written in grams (g) or milligrams (mg). There are 1,000 milligrams in 1 gram.
3. True or false: Because food labels are written according to the calorie needs of adults, they are not useful to kids.
4. Sugar is a kind of:
 - a. protein
 - b. fat
 - c. carbohydrate
 - d. cholesterol
5. There are three kinds of fats typically listed on a food label: saturated, unsaturated, and trans fat.