DELTA DENTAL®

RETHINK YOUR DRINK

Sugar Demonstration

What you will need:

- 4 drinks (full): soda pop, orange juice, sports drink (i.e. Gatorade), water
- 4 clear drinking cups/glasses
- 1 cup of sugar
- Measuring cup

Activity Instructions:

1. Set all drinks on a table in a line visible for all students to see each label.

2. Place clear cup in front of each drink.

3. Ask students to guess what drink has the most sugar.

4. Line up the drinks in the order of the students guesses.

5. Pour 1/3 cup of sugar into clear cup in front of the **soda pop**. This drink has the MOST sugar. Ask the students the following questions:
    a. Is this healthy?
    b. How many soda pops should you drink a day? (Zero)
    c. Why is too much sugar bad for you? (Bad for your teeth, health, energy)

6. Pour 1/3 cup of sugar into clear cup in front of the **sports drink**. This drink has about the same amount of sugar as a soda pop. Ask students the following questions:
    a. Do you drink sports drinks during sports games or practices?
    b. Do you think you should drink sports drinks when you are not playing sports?
    c. Why is it a bad idea to drink Gatorade when not playing sports?

7. Pour 1/4 cup of sugar into clear cup in front of **orange juice**. This drink contains sugar, but not very much. Ask the students the following questions:
    a. If this drink has less sugar than our other two drinks, do you think this is okay to drink? (Yes, but not all the time).
    b. What could you do when you buy orange juice to eliminate the amount of sugar in a serving? (Buy a reduced sugar orange juice)
    c. What drink would be better than drinking orange juice? (This should lead into the demonstration that there is no sugar in water)

8. Pour **nothing** into the clear cup in front of the **water**. Ask the students the following questions:
    a. How does water help you? (Keeps your body awake, healthy and hydrated)
    b. Trivia question, how many glasses/bottles of water should you drink a day? (8 glasses for young adults)
    c. How does all of the sugar in the bottom of the glasses make you feel?

GRADE 6-12