

THINK BEFORE YOU DRINK

Overview:

In this experiment, kids may be surprised to learn how much sugar is in popular drinks and how this hidden sugar can damage teeth!

Adults, make sure to help kids with this activity!

Supplies:

- Six clear disposable plastic cups
- 12 ounces of dark soda pop
- 16 ounces of an energy drink
- 15 ounces of apple juice
- A teaspoon measuring spoon
- White sugar in a bowl—about 5 cups

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Steps: (1-3 Kids, 4-6 Adults)

1. Use a marker to label three cups with the three different drink names. Add 10 teaspoons of sugar to the soda pop cup, 15 teaspoons of sugar to the energy drink cup and 12 teaspoons of sugar to the apple juice cup. (This represents the average amount of sugar in these beverages.)
2. Set the cups with the sugar aside.
3. Label the remaining three cups with the drink names, and put each cup in front of the corresponding drink containers. Place the large bowl of sugar and the teaspoon beside the drinks.
4. Use the teaspoon to spoon the amount of sugar you think is in the drink into the corresponding cup.
5. Compare the cups you added sugar to with the cups the adult filled with the correct amount of sugar. Is there more or less sugar than you thought? with the correct amount of sugar, and place them by the cups your child filled with sugar.
6. Discuss your guesses. Were you surprised at the amount of sugar in any of the drinks? How many servings are in each container, and would you stop drinking after one serving? Or would you drink the whole container? Ask if they would stop drinking after one serving or if they would drink the whole container.
7. Brainstorm how you can make healthier drink choices and encourage others in your family to make healthier drink choices.



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Key takeaway from this activity:

We often don't realize how much sugar is in our drinks, but it harms our teeth just as if we were eating candy! It's important to prevent tooth decay from sugar in drinks. We can choose drinks such as milk or water, brush teeth twice a day for two minutes each time, see the dentist, and eat fruit instead of drinking fruit juice.