



Sugar Packets and Proportions

Would you eat packages of sugar at lunch?

Watch the video and answer the questions below.

How many sugar packets do you think are in a 20-oz bottle of soda?

Estimate:

Give an estimate that you think is too low:

Give an estimate that you think is too high:



In order to calculate the number of sugar packets in a 20-oz bottle of soda what information do you need?

Calculate the number of sugar packets in one 20-oz bottle of soda:

Complete the table and **estimate**:

Packages of Sugar	1	2	4	8	
Grams of Sugar					









There are **about** _____ packs of sugar in a 20-oz bottle of soda.

Watch the video and check your answer.



Comparing Beverages

Your Guess: Rank the following beverages from least to greatest based on their sugar content.

Beverage	Grams of Sugar in 1 Serving	Total Ounces in 1 Serving	Unit Rate (grams of sugar per ounce)
 Gatorade			per
 Vitamin Water			per
 Fruitables			per
 Dr Pepper			per
 Snapple			per
 Apple Juice	*Note- serving size		per

Rank the beverages from least to greatest based on their sugar content per ounce.









What is the recommended daily sugar intake by the American Heart Association?

How many ounces of Coca-Cola can you drink and stay within the recommended daily sugar intake by the American Heart Association? _____



Number of Sugar Packets per Serving

Beverage	Grams of Sugar in 1 Serving	Grams of sugar in 1 sugar packet	# of Sugar Packets per Serving
 Gatorade			
 Vitamin Water			
 Fruitables			
 Dr Pepper			
 Snapple			
 Apple Juice	*Note- serving size		



If you had a Gatorade and a Fruitable, how many sugar packets did you consume? _____

If you drank a Dr Pepper and a Vitamin Water, how many sugar packets did you consume? _____

If you drank 2 servings (16 oz) of apple juice and Snapple, how many sugar packets did you consume? _____