

# No. 6



Sugary drinks may sound like a good way to quench your thirst, but the sugar adds up. Drinking two 20-ounce sodas each day for a year would equal about 200 cups of sugar.

## Directions:

Show students a five-pound bag of sugar. Tell them that the bag holds about 11 cups of sugar. Have students determine about how many five pound bags would hold 200 cups of sugar (about 18). Then have students determine about how many bags of sugar would be consumed each month of the year (about 1.5).

**For younger students,** let each child hold the bag. Then have 18 students stand at the front of the room. Explain to students that if each of these children had a five-pound bag of his or her own, that is how many bags would equal the amount of sugar in 730 sodas (two sodas a day for a year).