

Sugar Detectives

We know desserts and candy have a lot of sugar, but what about our drinks? Almost **half** of the added sugar in our diets comes from **drinks**! Use this activity to show Scouts the hidden sugar in common beverages.

- Collect a **variety of popular drinks**, such as a sports drink, juice pouch, and soda. Find the **total grams of added sugar in the entire drink**, using the Nutrition Facts label.
- Convert the **grams to teaspoons** for each drink - 4 grams is equal to about 1 tsp.
Example: A 20 oz soda contains **64** grams, or **16** tsp. of sugar ($64/4=16$)
- For each drink, **measure the number of teaspoons of sugar** into a small **bowl, or sandwich-sized plastic bag**. You can also tape together **sugar packets**, using one packet per teaspoon of sugar. Label each bowl, bag or string of sugar packets with the number of teaspoons.

Find the Sugar

The nutrition label may only list the grams of sugar **per serving**. Check how many servings are in the container, then multiply the number of servings by the amount of sugar.



- Have Scouts guess how much sugar is in each drink by matching sugar containers with drinks. Then, reveal the correct pairs.

Questions for Scouts

- Consider the sizes of cups at convenience stores, restaurants, and movie theatres. How much sugar do you think these contain?
- Think about what you drink. How much sugar are you drinking each day?

Sugar Detectives, Round 2

- You can expand this activity by bringing in other popular drinks to use in the display. Try including a sweetened iced tea, energy drink, or a drink with added vitamins, to show that even these drinks contain a lot of sugar.
- Older Scouts could create a poster to display at a community event, using poster board, empty bottles of drinks, and bags of sugar or sugar packets.