

Sugary Drink Demonstration

MATERIALS:

- 20-ounce bottles of fruit punch, soda, sweet tea, juice, sports drinks, water
- 12-ounce can of regular soda
- 30 pounds or 76 cups of sugar
- 3 large clear tubs
- Beverage dispenser filled with water flavored with fresh fruits, veggies and/or herbs (try mixed berries; lemon slices with basil; cucumber with mint; or more recipes at Strong4Life.com)
- Cups (one per participant)

TIME: About 10-15 minutes

SET UP:

- Stack three large tubs filled with 30 pounds of sugar with a can of soda on top.
- Place bottled drinks on the table in a random order.
- Set up beverage dispenser with cups.

Beverage	Teaspoons of Sugar
WATER	0
SPORTS DRINK	9
SWEET TEA	14
JUICE	16
SODA	16
FRUIT PUNCH	18

Sugary Drink Demonstration (cont'd)

ACTIVITY:

First, use the talking points for Drink More Water and Limit Sugary drinks. Tell the audience you are going to do demonstrations which show the amount of sugar in common beverages.

1. Least-to-greatest amount of sugar.

- Ask for one volunteer.
- Instruct the volunteer that he or she has one minute to organize the drinks in order from least amount of sugar to greatest amount of sugar in the drink bottles.
- Time the volunteer for one minute.
- After one minute, review the order of the drinks with the audience.
- Help the volunteer make any changes to line the drinks up in the correct order and share the amount of sugar in each drink with the group: water (0 tsp.), sports drink (9 tsp.), sweet tea (14 tsp.), juice (16 tsp.), soda (16 tsp.), fruit punch (18 tsp.).
- Congratulate the volunteer.

2. Sugar consumed in one year if you drink a 12-ounce can of soda each day.

- Ask for one volunteer.
- Instruct the volunteer that he or she has one minute to guess the amount of sugar they would consume in one year if they had a 12-ounce soda each day.
- Time the volunteer for one minute.
- After one minute, ask the volunteer to make a final guess.
- Show the group the three large tubs of sugar; this is equal to 30 pounds or 76 cups of sugar.
- Congratulate the volunteer.

3. Flavor your water, naturally.

- Encourage the group to replace sugary drinks with water.
- Explain that they can add flavor to their water naturally using fresh fruits, vegetables and herbs.
- Tell the group which type of flavored water you have made today.
- Invite participants to try naturally flavored water.