

We were planning on doing this activity in class and physically measuring out the teaspoons of sugar in a cup, so I have developed this activity/assignment worth 10 points to compete at home. Choose a drink or food product, and follow the instructions below, show your work/math, and submit it through Canvas.

How much sugar do you eat?

This exercise is to identify how much sugar can be hiding in products. Look at a product you have in your household, read the label and identify the sugar. Sugar, high fructose corn syrup, lactose, maltose, dextrose, (most ingredients ending in "**ose**" is a sugar-glucose, etc), cane sugar, beet sugar, raw sugar maple syrup, honey, agave are all examples of a sugar.

Then look at how many grams of sugar on label per serving. Identify how many servings per container.

Write a response about the product you picked and how much sugar is in product (in teaspoons). **Was it a surprise in the amount of sugar?**

*** 1 teaspoon of sugar = 4 grams ***

Example: Arizona Ice Tea Mango 40oz

1 serving size = 8 ounces

total serving per container is 5

25 grams of sugar per serving

Total sugar is 5 servings x 25grams= 125 grams

125 grams of sugar

125 grams divided by 4g (1 teaspoon = 4 grams)= 31.25 teaspoons

31.25 teaspoons of sugar in 40 oz Arizona Ice Tea Mango

American Heart Association states we should have 6 teaspoons of added sugar per day for women and 9 teaspoons of sugar for men.