

Calculating Calories and Sugar from a Label Activity

Supplies: Drink Labels (in PowerPoint)

Clear Cups

Teaspoon (plastic)

Salt (cheap)

(Examples noted on next page)

Directions: You can calculate with one drink or have the student calculate all the drinks they consume in one day. The student can use the worksheet on the next page. Note: use salt instead of sugar. The salt does not get sticky or attract bugs if it gets spilt.

SUPPLIES

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	Calories 280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Calculating Calories and Sugar from a Label

How many Servings

How many Calories

$$\boxed{} \times \boxed{} = \boxed{}$$

How much Sugar?

How many teaspoons of sugar?

(One teaspoon equals 4 grams of sugar)

$$\boxed{4} \div \boxed{} = \boxed{}$$

To calculate more than one drink, repeat above and add together.

$$\boxed{} + \boxed{} + \boxed{} + \boxed{} = \boxed{}$$