

What's In That Bottle?

Description

What is your favorite soft drink? Store shelves are lined with soft drinks in every size, color, taste and brand that consumers demand. But do you know what you are drinking when you sip your favorite soft drink?

Supplies



Empty beverage containers for the two sizes you circled from step 1 below (if using a 12 ounce can you'll also need a clear glass or cup)



Rinsed and dried measuring spoons



Sugar



Clean sheet of paper

Background

Soft drinks are made from simple ingredients: carbonated water, sugar or another sweetener and different flavorings and colorings. Most people agree that water is good for you, but not when mixed with high amounts of sugar. How much sugar? Look at the chart to find out.

Each teaspoon of sugar contains 15 calories and since sugar does not provide any nutrients, those are “empty” calories. Let's see how the numbers add up.

Sugar in Soft Drinks

Soft Drink Size	Servings	Grams Sugar	Teaspoons Sugar	Empty Calories
1 Cup = 8 oz.	1	28	7	105
12 oz. = 1 Can	1.5	42	10.5	157.5
16 oz. = 1 Bottle	2	56	14	210
20 oz. = 1 Bottle	2.5	70	17.5	262.5
24 oz. - 2 Cans	3	84	21	315
1 Liter = 32 oz.	4	112	28	420
44 oz. - Supersize	5.5	154	38.5	577.5



Activity Steps

1. On the chart to the left, circle the two sizes of soft drinks that you usually drink.
2. Roll the paper into a tube and slide one end into the bottle. Gently open the top of the roll to create a funnel. For cans, use a clear glass or cup.
3. Measure the number of teaspoons of sugar listed for one size you chose and pour each teaspoon of sugar into the funnel. Repeat for the second soft drink.
4. Are you surprised at how much sugar is in your soft drink? Think about the following questions:
 - a. If you drink these two soft drinks, how much sugar are you drinking?
 - b. How many empty calories does that total?
 - c. What did you learn from this activity?
 - d. What changes will you make as a result of this activity?

► Check it out at [4-H.org/Cooking](https://www.4-h.org/cooking)