



Nutrition

DRINK YOUR POISON

1. As a team, place these drinks in order by your opinion of what is best to what is worst.
2. Have a recorder write on the board the names of the drinks in order.
3. Everyone takes an empty can/bottle. (Take two if there are some not claimed)

Calculate for your choice and fill in one row- remember to calculate for the entire bottle, not just one serving

1. sugar
2. salt/ sodium
3. other observations such as fiber, caffeine, vitamins, etc.

Name of beverage	Amount of Sugar in tsp. [(number of grams ÷ 4) x number of servings]	Amount of Sodium [(number of milligrams of sodium x .00043) x number of servings]	Other things to consider? (vitamins, additives, fiber, caffeine)

4. Using tablespoons/ teaspoons measures, measure out sugar into a dry container. (Hint- 3 tsp. = 1 tbsp.)
5. Using tablespoon/ teaspoon measure, measure out salt into a separate dry container. (Hint- 3 tsp. = 1 tbsp.)
6. Using the dried beans, indicate 1 gram of fiber with 1 one dried bean.
7. Use sticky notes to indicate vitamins in %- each one getting a different color.
8. Indicate other observations (caffeine, additives, etc.)
9. Place the bottles back in order as written on the board and then place the containers of sugar and salt, dried beans and sticky notes next to them.
10. Share your findings with the other groups until you have the information for all the drinks.
11. Now, as a class/ group, determine what really is the best drink to have.
 - a. What surprised you?
 - b. Can you determine changes that need to be made knowing what is in your drink(s)?