**Rethink your drink!**

|  |  |  |
| --- | --- | --- |
| **Type of drink** | **Amount of sugar (teaspoons)** | **Amount of sugar (g)** |
| **Lucozade energy (500ml)** | **17** | **17÷4=** |
| **Coca cola (500ml)** | **11** | **114=** |
| **Relentless Energy drink (500ml)** | **11** | **11÷4=** |
| **Lemonade (500ml)** | **10.5** | **10.5÷4=** |
| **Frijj milkshake (500ml)** | **10.5** | **10.5÷4=** |
| **Fanta/ Tango (500ml)** | **9.5** | **9.5÷4=** |
| **Fruit shoot (300ml)** | **6.5** | **6.5÷4=** |
| **Ribena (288ml)** | **6** | **6÷4=** |
| **J20 (275ml)** | **6** | **6÷4=** |
| **Red Bull (250ml)** | **5.5** | **5.5÷4=** |
| **Capri Sun (200ml)** | **4.5** | **4.5÷4=** |
| **Vitamin water (500ml)** | **4.5** | **4.5÷4=** |
| **Oasis (500ml)** | **4.5** | **4.5÷4=** |
| **Powerade (500ml)** | **4** | **4÷4=** |
| **Water (unlimited)** | **0** | **0÷4=** |

**Are there any results that surprise you? Which ones?**

**Which drinks contain the most sugar?**

**Which drink contains the least sugar?**

**Do you think you will change your mind about the drinks you buy after reading the above information? Why/ why not?**

**Rethink your drink!**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of drink** | **Amount of sugar per 100ml (teaspoons)** | **Amount of sugar per 100ml (g)** | **Amount of sugar per bottle****(teaspoons)** | **Amount of sugar per bottle****(g)** |
| **Lucozade energy**  | **3.4** |  | **(500ml) 3.4x5=** |  |
| **Coca cola**  | **2.2** |  |  **(500ml)** |  |
| **Relentless Energy drink**  | **2.2** |  |  **(500ml)** |  |
| **Lemonade**  | **2.1** |  | **(500ml)** |  |
| **Frijj milkshake (100ml)** | **2.1** |  |  **(500ml)** |  |
| **Fanta/ Tango (100ml)** | **1.9** |  |  **(500ml)** |  |
| **Fruit shoot (100ml)** | **2.16** |  |  **(300ml) 2.16x3=** |  |
| **Ribena (100ml)** | **2.08** |  | **(288ml) 2.08x2.88=** |  |
| **J20 (100ml)** | **2.18** |  | **(275ml)2.18x2.75=** |  |
| **Red Bull (100ml)** | **2.2** |  |  **(250ml) 2.2x2.5=** |  |
| **Capri Sun (100ml)** | **2.25** |  |  **(200ml)2.25x2=** |  |
| **Vitamin water (100ml)** | **0.9** |  |  **(500ml)** |  |
| **Oasis (100ml)** | **0.9** |  | **(500ml)** |  |
| **Powerade (100ml)** | **0.8** |  | **(500ml)** |  |
| **Water (unlimited)** | **0** |  |  **(unlimited)**  |  |

**Hint: one rounded teaspoon of sugar is 4g.**

**Which drinks contains the most sugar per 100g?**

**Which drinks contain the most sugar per bottle?**

**Are there any results that surprised you?**

**Which drink is the best option?**

**Will you rethink your choice of drink? Why/ why not?**

**Rethink your drink!**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Type of drink** | **Amount of sugar per bottle (teaspoons)** | **Amount of sugar per bottle (g)** | **Amount of sugar per 100ml (teaspoons)** | **Amount of sugar per 100ml (g)** |
| **Lucozade energy (500ml)** | **17** |  |  |  |
| **Coca cola (500ml)** | **11** |  |  |  |
| **Relentless Energy drink (500ml)** | **11** |  |  |  |
| **Lemonade (500ml)** | **10.5** |  |  |  |
| **Frijj milkshake (500ml)** | **10.5** |  |  |  |
| **Fanta/ Tango (500ml)** | **9.5** |  |  |  |
| **Fruit shoot (300ml)** | **6.5** |  |  |  |
| **Ribena (288ml)** | **6** |  |  |  |
| **J20 (275ml)** | **6** |  |  |  |
| **Red Bull (250ml)** | **5.5** |  |  |  |
| **Capri Sun (200ml)** | **4.5** |  |  |  |
| **Vitamin water (500ml)** | **4.5** |  |  |  |
| **Oasis (500ml)** | **4.5** |  |  |  |
| **Powerade (500ml)** | **4** |  |  |  |
| **Water (unlimited)** | **0** |  |  |  |

**Hint: one rounded teaspoon of sugar is 4g.**

**Which drinks contains the most sugar per 100g?**

**Which drinks contain the most sugar per bottle?**

**Are there any results that surprised you?**

**Which drink is the best option?**

**Will you rethink your choice of drink? Why/ why not?**