**How Much Sugar Do You Drink?  
Student Worksheet ES1/S1**

**ACTIVITY 1…**

Turn the page over and draw a circle around the 2 drinks that do not have any added SUGAR in them.

**ACTIVITY 2…**

Materials needed:

* Package of sugar
* Plastic resealable bags
* teaspoons
* Poster – How Much Sugar Do You Drink?

Place the correct teaspoons of sugar into the plastic bags to match the drinks on the poster. Attach the plastic bags of sugar to the poster to show how much sugar is in each drink.

**ACTIVITY 3…**

What is the best drink to have every day?

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Draw a circle around the 2 drinks that have **NO ADDED SUGAR**

*(HINT: They don’t taste sweet!)*



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