



## Sugar Activity

Sugar activity to do with your preschool child.

Step 1: Select one of your child's favorite drinks.

Step 2: Look on the food label to determine the amount of sugar in one serving of the drink.

Step 3: Divide the grams of sugar by 4 to determine the number of teaspoons of sugar in one serving of the drink.

Step 4: Use teaspoons to measure out the amount of sugar in one serving of the drink onto a plate.

Step 5: Repeat the activity, but this time instead of calculating the amount of sugar in one serving of the drink – calculate the amount of sugar in the serving size your child normally drinks.

Example: If the serving size is  $\frac{1}{2}$  cup, but your child generally drinks 1 cup then your child is drinking 2 servings. When measuring the sugar out you would multiply the amount of sugar in one serving by 2.

