

# Sugar Sheriffs Lesson Plan

## Procedure Sheet Lab Sheet and Data Sheet

*From the New Jersey Agricultural Society's  
Learning Through Gardening Program*



# Sugar Sheriffs Procedure Sheet

1. Mark your cups 1 through 4.
2. Measure  $\frac{3}{4}$  cup of milk into each of your clear plastic cups.
3. Insert a funnel into cup #1.
4. Measure  $\frac{1}{8}$  cup of cola.
5. Very slowly pour the cola onto the side of the funnel.
6. Observe what happens as the cola flows through the funnel.
7. Repeat steps 3-6 for each of your other beverages. Watch carefully as the beverage flows through the funnel.
8. Look (from the side) at each of the cups. What do you notice? Record what you see under Observations on your lab sheet.
9. Discuss with your team the amount of sugar in teaspoons that are in a single serving of each beverage. Record this estimate on your data sheet. Divide your predicted number of teaspoons by 2 to get the predicted number of cubes. *Two sugar cubes = one teaspoon of sugar.* Place the appropriate number of sugar cubes in front of the cup. Multiply your prediction in cubes by 2, to figure your prediction in grams. Write your prediction on your data sheet.
10. Read the nutrition labels from the beverages. Record the actual number of grams of sugar on your data sheet and compare that amount to your prediction.
11. Continue reading the nutrition label and record the calories, the amount of calcium, and the amount of vitamin C in each beverage.
12. What can you determine from this investigations. Write your conclusion on your lab sheet.

# Sugar Sheriffs Lab Sheet

## Which drinks contain more sugar than milk?

*Your task is to determine which of your favorite beverages contain more sugar than milk. You will then read nutrition labels to decide if your predictions were correct. This experiment will provide you with information that should help you make healthier beverage choices.*

**Problem** Write the question you are trying to answer.

**Hypothesis** Write what you think the answer will be and why.

**Materials** List the materials you will use during your experiment.

**Procedures** Write the steps you took to complete the experiment.

**Observations** What did you see happen when the liquids were poured together?

**Conclusions** How will this information help you make healthier beverage choices?

Name \_\_\_\_\_

## Sugar Sheriffs Data Sheet

**Hypothesis:** How much sugar do you think one serving of each beverage contains?

<b>Beverage</b>	<b>Predicted number of teaspoons of sugar per serving</b>	<b>Multiply the number of sugar cubes by 2 to figure the predicted number of teaspoons per serving</b>	<b>Multiply each teaspoon by 2 to find the predicted number of grams of sugar per serving</b>	<b>Actual number of grams of sugar per serving</b>
<b>Cola</b>				
<b>Grape drink</b>				
<b>Fruit punch</b>				
<b>Juice box</b>				
<b>Milk</b>				

Record the facts from the nutrition labels.

<b>Beverage</b>	<b>Sugar in grams</b>	<b>Calories</b>	<b>Calcium</b>	<b>Vitamin C</b>
<b>Cola</b>				
<b>Grape drink</b>				
<b>Fruit punch</b>				
<b>Juice Box</b>				
<b>Milk</b>				