

To be used with the February 17, 2020, issue

Interpret Data
Common Core RI.4.7

Name: _____

What's in Your Drink?

Use this chart to track what you drink for five days. Record the amount of sugar in each item from nutrition labels or by looking it up at fdc.nal.usda.gov. Then use your data as well as details from "Sugar Shocker" to answer the questions below.

ITEM	GRAMS OF SUGAR
Day 1: _____	
1. _____	_____
2. _____	_____
3. _____	_____
Day 2: _____	
1. _____	_____
2. _____	_____
3. _____	_____
Day 3: _____	
1. _____	_____
2. _____	_____
3. _____	_____
Day 4: _____	
1. _____	_____
2. _____	_____
3. _____	_____
Day 5: _____	
1. _____	_____
2. _____	_____
3. _____	_____

1. On which day did you have the most sugar? How many grams did you consume?

2. What are some common names for added sugar? List any sugar in disguise found in your drinks. (*Hint: many end in -ame.*)

3. Were any of the packages of drinks you had misleading? Explain.

4. What changes could you make to reduce the amount of sugar you drink?
