



ORAL HEALTH KANSAS

How to make a sugary drink display

What you will need:

- 20 - different drinks (see suggestion list attached)
- 20 - toothbrushes
- 20 - smiley faces (attached)
- 20 - sad faces (attached)
- 20 - baby food jars with lids, **OR** plastic containers with lids Bag of sugar
- Tape
- Scissors
- Paper



To start you need to purchase or gather 20 different drinks, looking at the amount of sugar in each one. You need a variety of sugar levels per serving. Once you have all your drinks arrange them from lowest amount of sugar per serving to highest. Many drinks contain more than one serving per bottle.

Take the toothbrushes and tape them to the back of the bottles so that the head of the toothbrush is facing towards the front of the bottle.

After your bottles are arranged from lowest to highest you will need to figure out how much sugar is in each bottle. To do so, look at the nutrition facts column on the drink, find the sugar number and take it times the number of servings in the bottle. (See attachment for example) You will need to do this for each bottle.

After you have figured out the amount of grams of sugar in each bottle you will need to figure out how many teaspoons of sugar are in each bottle. To do so you will need to take the number of grams of sugar in one drink divided by 4. (See attachment for example) You will need to do this for each bottle.

After you have done the math to figure out the amount of sugar in each bottle you can fill in the sugar contents boxes for each bottle. (Form attached)

With the sugar contents sheet, you will need to fill out one box for each drink. Once filled out, you will need to cut them out and tape them to the toothbrushes for the corresponding drink. It will need to be taped on the back side of the toothbrush so that someone looking at your display will be able to read the amounts of sugar.

Having the drink bottles arranged from lowest to highest sugar contents will allow you to divide them into two groups and put smiley face stickers on the half with low amounts of sugar and sad face stickers on the half with high amounts of sugar.

Once the bottles are labeled with the sugar contents label you are ready to fill the bags or bottles with the sugar. You will need one bag or bottle for



each drink. Fill each bag or bottle with the corresponding amounts of sugar for that drink. For example if your sugar contents form says **Teaspoons of sugar per bottle is 0**, then place an empty bottle or bag near the drink. If the sugar contents form says **Teaspoons of sugar per bottle is 14**, then place 14 teaspoons of sugar in the bottle or bag and place near the drink.

If you would like to make a game out of the display for adults and children, it is recommended that once you have them all in order from low to high sugar contents you put a small number somewhere on the drink and on the sugar bags/jars. This number should be small enough or in a spot that is not easily seen by the players. Mix the bottles order and ask the player to place them in order from lowest to highest amount of sugar. Another idea is to have the players try to guess which bag of sugar goes with which drink. Having the numbers on the drinks and the bags/jars will make it easier to see if they are correct in matching.



How to figure how much sugar per bottle:

You will need to take the number of grams of sugar listed on the nutrition facts column times the number of servings per bottle.

See the label below; in this drink you will take the sugar which is 31g times the number of servings which is 2.5.

$$31 \times 2.5 = 77.5$$

So in this example bottle there are 77.5 grams of sugar in a single bottle.

How to figure how many teaspoons of sugar per bottle:

You will need to take the total number of grams of sugar per bottle that you figured times 4.

Looking at the same label and the number that was found for the total number of grams of sugar above, you will take it times 4.

In the example you see that there are 31 grams of sugar in the bottle and 2.5 servings in that one bottle. You will take 31 times 2.5 to get 77.5 grams of sugar in the bottle. Then you will take 77.5 divided by 4 to get the number of teaspoons of sugar in that bottle.

$$31 \times 2.5 = 77.5$$

$$77.5 / 4 = 19.375$$



Suggested Drinks:

Low in sugar-

- Flavored water
- Sugar free drink mix
- Diet soda
- Low carb drink
- Propel
- Kellogg's protein water
- Low calorie Gatorade
- Sobe life water
- Milk
- Vitamin water
- Gatorade
- Any other low in sugar drinks

















High in sugar-

- Sweet tea
- Juicy Juice
- Kool-aid juice bottles (premade)
- Nesquik
- Mountain Dew
- Orange Juice
- Sunkist
- Minute Maid Juice
- Lemonade
- Pop
- Any other high sugar drinks



Face Stickers:



 <p>Grams of Sugar per Bottle 0</p> <p>Teaspoons of Sugar per Bottle 0</p> 	 <p>Grams of Sugar per Bottle 0</p> <p>Teaspoons of Sugar per Bottle 0</p> 	 <p>Grams of Sugar per Bottle 0</p> <p>Teaspoons of Sugar per Bottle 0</p> 	 <p>Grams of Sugar per Bottle 4</p> <p>Teaspoons of Sugar per Bottle 1</p> 
 <p>Grams of Sugar per Bottle 22.5</p> <p>Teaspoons of Sugar per Bottle 5.625</p> 	 <p>Grams of Sugar per Bottle 2</p> <p>Teaspoons of Sugar per Bottle .5</p> 	 <p>Grams of Sugar per Bottle 56</p> <p>Teaspoons of Sugar per Bottle 14</p> 	 <p>Grams of Sugar per Bottle 41</p> <p>Teaspoons of Sugar per Bottle 10.25</p> 





Grams of Sugar
per Bottle
39

Teaspoons of
Sugar per Bottle
9.75



Grams of Sugar
per Bottle
50

Teaspoons of
Sugar per Bottle
12.5



Grams of Sugar
per Bottle
23

Teaspoons of
Sugar per Bottle
5.75



Grams of Sugar
per Bottle
75

Teaspoons of
Sugar per Bottle
18.75



Grams of Sugar
per Bottle
56

Teaspoons of
Sugar per Bottle
14



Grams of Sugar
per Bottle
22

Teaspoons of
Sugar per Bottle
5.5

