

Beverage Lab

Name: _____

Score _____/25



What drinks have you consumed in the last 24 hours?

Think carefully about the beverages you consumed in the last 24 hours and list these beverages and their quantities consumed below. We will use this information in our upcoming lab. Be sure to list the size if possible. At the end of this unit, we will calculate grams and calories.

Drink	Quantity in cups/oz	Grams of Sugar	Calories from Sugar	Grams of Fat	Calories of Fat
Totals					

The total calories consumed in beverages for the last 24 hours was:

Total number of calories I should consume per day is: