

## Sugar Consumption & Using the Electronic Food Scale

Name \_\_\_\_\_

Score \_\_\_\_/20

*In this activity, you will use the electronic food scale to demonstrate your ability to measure ingredients and calculate a simple formula in food science. This is basic to our labs as some will require proper use of the electronic food scale.*

### Supplies

1 Tray  
2 zip-top sandwich size plastic bags  
calculator or paper and pencil

Mailing labels for labeling each bag  
electronic scale  
2 large custard cups

### Process

1. Calculate the amount of sugar consumed by Dakota and Skyler in the DVD, *Honey, We're Killing the Kids*. Here is the information you need to calculate:
  - a. One gram of sugar = 4 calories
  - b. The girls consume 700 calories per day in sugar.
2. Wash your hands.
3. After you calculate the amount of sugar consumed (converting 700 calories into grams) by Dakota and Skyler, turn the scale on.
2. Let the scale 'zero' out.
3. Place a custard cup on the scale and then 'tare' the scale.
4. Measure sugar showing the recommended amount per day for individuals.
5. Place in a zip bag and label-**recommended amount of sugar per day**.
6. Measure another set of sugar showing the **actual amount of sugar the girls consumed per day**.
7. **Be sure to indicate your names on the assignments and submit to your instructor. They will be weighed and graded for accuracy.**

