

Sugar, Fat, and Beverage Lab



Sugar, Fat, and Beverages Lab Names _____

Score _____/45

Beverages help to quench our thirst but can be a poor choice based on fat and sugar content. Below in the data table, you will find several common beverage choices among teens. We will be determining which beverages are on the 'good' list and 'bad' list' for our health.

Hypothesis: Looking at the table below, identify what you think will be the 3 healthiest and 3 least healthy beverages. 6 pts.

3 Healthiest Beverages	3 Least Healthy Beverages

Data Table: Students will be assigned specific beverages on the list to examine the nutrition labels for sugars and fats. Complete the information below for your assigned beverages. 25 pts.

Drink	Quantity in cups/oz	Grams of Sugar	Calories from Sugar	Grams of Fat	Calories of Fat
Coke					
G2					
Milk					
Sierra Mist					
Mountain Dew					
Naked					
Monster					
Diet Pepsi					
Apple Juice					
V8 Splash					
Sweet Tea					
Half and Half Tea					
Green Tea					
Orange Juice					
Cappuccino					
Chocolate Milk					
Sunkist Orange					
Grape Juice					
Water					

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Conclusions: Gather data from each group and complete the data table. Then looking at the data table, determine which beverages are most and least healthy. Respond to the following questions.

1. How did your hypotheses compare to the results of this lab? What new information did you gain regarding your beverage choices? 4 pts.
2. Is it enough to look at the fat and sugar content of the beverage? What other nutrients and micronutrients should be examined and why? 5 pts.
3. Write a paragraph in the space below that could be published in the school newsletter, school website or local newspaper educating the public on making healthier food and beverage choices. Use the writing guides below to assist in developing a quality paragraph.

Title:

Topic Sentence:

Body:

Conclusion: