

Sugary Drinks Demo Ideas

During Session four you will lead a conversation around why water should be everyone's drink of choice. To aid you in this discussion you can conduct a sugary drinks demo. There are many ways to do there, two ways are shown below.

IDEA #1

1. Gather a selection of beverages. Make sure to include water and a number of other common drinks.
2. Place these on a table and ask participants to arrange them from highest sugar to lowest. They don't need to look at the label, you will tell them the answer after. They can just make their best guess.
3. Once the group decides on an order, place clear glasses in front of each drink. Then ask participants to read the nutrition facts table to find out how much sugar is in each beverage.
4. Remember 1 sugar cube = 1 tsp sugar = 4 grams sugar
5. Place the corresponding number of sugar cubes in each glass.



IDEA #2

1. Gather a selection of beverages. Make sure to include water and a number of other common drinks.
2. Ahead of the demo measure out zip-lock bags of sugar representing the amount of sugar in each beverage. Make sure to label each bag with the drink and amount of sugar it contains.
3. To conduct the demo place drinks and bags on a table, make sure the labels on the zip locks are facing down so that participants cant see them. Ask participants to pick up the bags and try to match them with the corresponding drink.
4. Once all the bags are in front of a beverage flip them over to reveal and discuss the answers.

