



## How Much Sugar is in That Snack?

### MATERIALS:

- Snacks from your kitchen  
*We recommend lots of different ones!  
Candies, chips, fruits, vegetables, and drinks are great starts!*
- Bag of Sugar
- Teaspoon
- 1 quart-sized sandwich bag or clear cup/container for each snack tested

### STEPS:

1. Gather all your materials!
2. Find the nutrition label!
  - It is almost always on the back of your snack. It should say "Nutrition Facts" at the top.
3. Find the "Serving Size"!
  - This should be near the top of the label. It isn't always the whole package.
4. Find the "Total Sugars"
  - For this activity we will need to know all of the sugar that's in a serving. Are there different types of sugar in your snack? Add them up!

5. Fill the bag!
  - Using your teaspoon, scoop out the appropriate amount of sugar\* for your snack into your sandwich bag or container. *Hint: Four grams (4g) of sugar equals 1 teaspoon.*
6. Check the sugar again!
  - Do you ever eat more than one serving of your snack? That's okay! For instance, some snacks have more than one serving in their bags. Add the sugar for any additional servings you usually eat.
7. Compare!
  - Do your snacks have more or less sugar in them than you would expect? Which one had the most? The least?
8. Explore!
  - Try out other snacks to see what has the least sugar! You may find another snack you really like!

*\*Note: If sugar is unavailable, try sand or dirt! Don't be afraid to be creative and use building blocks, other toys, or anything you have lots of to compare the sugar grams.*



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