

TAKING STEPS IN THE RIGHT DIRECTION: **THINK YOUR DRINK**



Place
Sugar
Cubes
Here

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Cubes
Here

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Here

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Place
Sugar
Cubes
Here



8 oz



8 oz



8 oz



12 oz



12 oz



11 oz



20 oz

TAKING STEPS IN THE RIGHT DIRECTION:

THINK YOUR DRINK

Answer Key

Place
Sugar
Cubes
Here

3

Place
Sugar
Cubes
Here

0

Place
Sugar
Cubes
Here

10

Place
Sugar
Cubes
Here

10

Place
Sugar
Cubes
Here

13

Place
Sugar
Cubes
Here

11

Place
Sugar
Cubes
Here

9



8 oz



8 oz



8 oz



12 oz



12 oz



11 oz



20 oz

TAKING STEPS IN THE RIGHT DIRECTION: THINK YOUR DRINK



What you need:

- Think Your Drink Placemat for each student or group of students
- 60 ½ teaspoon sugar cubes or item to represent a sugar cube in a zipper-lock bag for each student or group of students (½ teaspoon cubes are easiest to find and create a surprise impact at the end)
- Sample of each beverage on the mat

What you say

- Hand out the mats and sugar cubes
- Ask each student or group to place the number cubes of sugar they believe is *added* to each product.
- Reveal the true number and have the students add or subtract to make each pile correct
- Show them how the volume of sugar compares sitting next to each product
- How does that make them feel?
- Finally, tell them that these are ½ teaspoons so they would need to double every pile to see the actual amount.



Discuss which drinks they would now choose and why