

WORKSHEET LIST

#1 Bowling Bottle Labels Pages 25-28

#2 Sugar Surprises Cards Pages 29-37

Answer list for leaders

Basic cards

Answer cards for optional modification

#3 Count it Up Pages 38-45

Calculation Worksheets

Answer Sheets

Bowling For Sugar Smarts
Bottle Labels

Water
3 points

Low Fat Milk
2 points

Chocolate Milk
1 point

Bowling For Sugar Smarts
Bottle Labels

100% Orange Juice
1 point

Skim Milk
2 points

Vegetable Juice
1 point

Bowling For Sugar Smarts
Bottle Labels

Orange Soda
0 points

Cola
0 points

Sweet Iced Tea
0 points

Bowling For Sugar Smarts
Bottle Labels

Lemonade

0 points

Fruit Punch

"Juice" Box

0 points

Sugar Surprises Cards

Answer List for Leaders

Food	Grams Sugar	Teaspoons of Sugar
6 oz water	0	0
6 oz fruit fizz	4	1
6 oz plain milk	9	2.25
6 oz 100% orange juice	16.5	4
6 oz chocolate milk	18	4.5
6 oz coca cola	20	5
6 oz lemonade	20	5
Fruit punch juice box (6.75 oz)	24	6

Sugar Surprises Cards

**6 ounces of
Fruit Fizz**
(Sparkling water and
juice mix)

**6 ounces of
Coca Cola**

Sugar Surprises Cards

**6 ounces
Plain Milk**

**6 ounces
Chocolate Milk**

Sugar Surprises Cards

**6.75 ounces
Fruit Punch
(juice box size)**

**6 ounces
Water**

Sugar Surprises Cards

**6 ounces
Lemonade**

**6 ounces
100% Orange
Juice**

Sugar Surprises Cards

PART 2: ANSWER CARDS for OPTIONAL MODIFICATION

**6 ounces of
Fruit Fizz
(Sparkling water and
juice mix)
1 teaspoon**

**6 ounces of
Coca Cola
5 teaspoons**

Sugar Surprises Cards

**6 ounces
Plain Milk**

2.25 teaspoons

**6 ounces
Chocolate Milk**

4.5 teaspoons

Sugar Surprises Cards

6.75 ounces
Fruit Punch
(juice box size)

6 teaspoons

6 ounces
Water

0 teaspoons

Sugar Surprises Cards

**6 ounces
Lemonade**

5 teaspoons

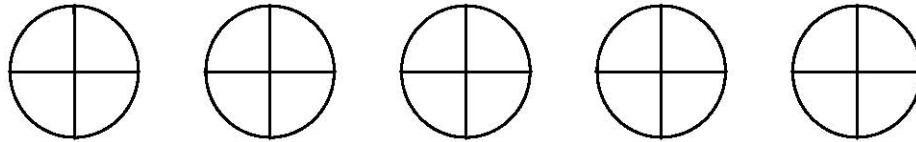
**6 ounces
100% Orange
Juice**

4 teaspoons

Count It Up!

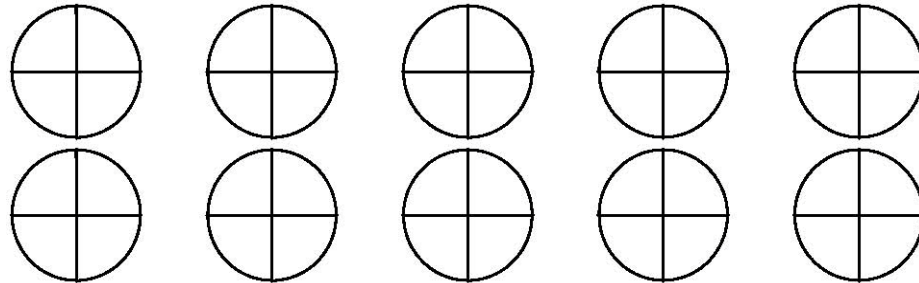
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

Milk



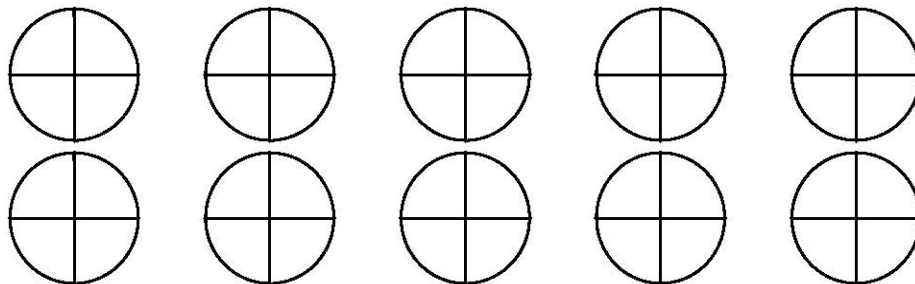
12 grams = _____ teaspoons

Soda



40 grams = _____ teaspoons

Fruit Punch Juice Box

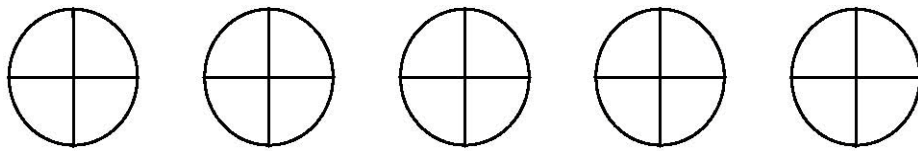


25 grams = _____ teaspoons

Count It Up!

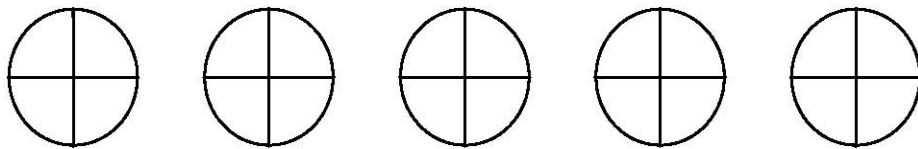
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

2 Chocolate Chip Cookies



17 grams = teaspoons

16 Animal Cookies

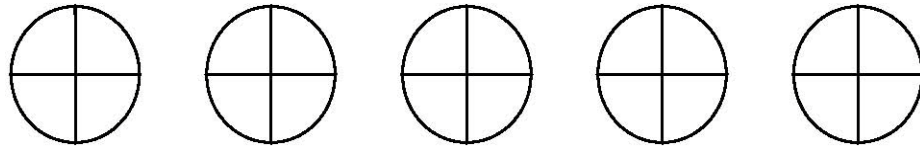


7 grams = teaspoons

Count It Up!

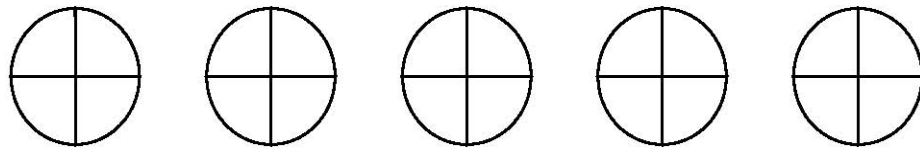
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

Chocolate Donut



14 grams = teaspoons

Whole Wheat Mini-Bagel

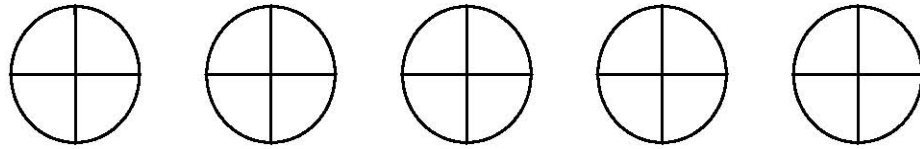


7 grams = teaspoons

Count It Up!

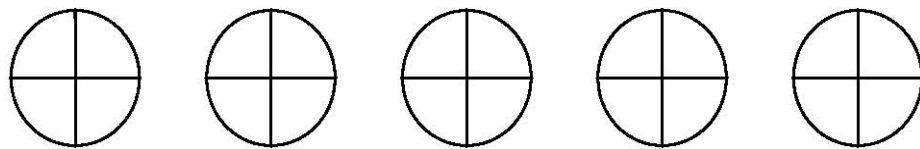
Find out how much sugar is in different drinks and snacks.
Color 1 section of a circle for each gram of sugar. Each colored circle will equal 1 teaspoon of sugar - look how much that is!

4-ounce Fruit Yogurt



18 grams = teaspoons

4-ounce Plain Yogurt



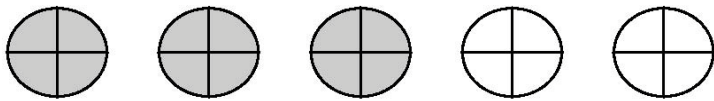
8 grams = teaspoons

Count It Up!

ANSWER SHEET

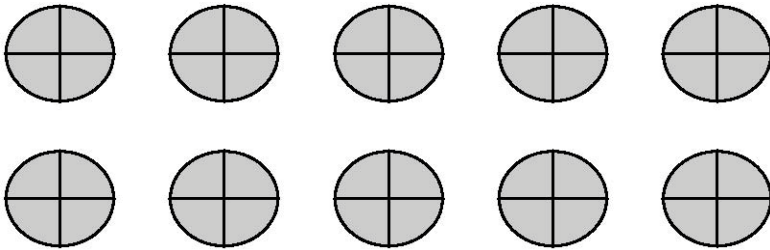
Each colored circle equals 1 teaspoon of sugar - look how much that is!
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

Milk



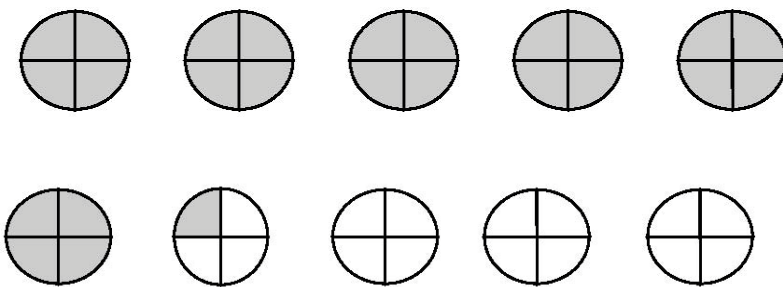
12 grams = 3 teaspoons

Soda



40 grams = 10 teaspoons

Fruit Punch Juice Box



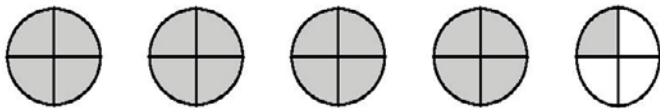
25 grams = 6 $\frac{1}{4}$ teaspoons

Count It Up!

ANSWER SHEET

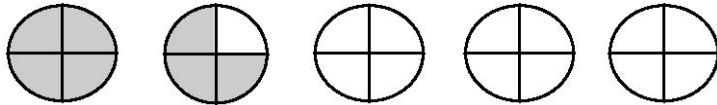
Each colored circle equals 1 teaspoon of sugar - look how much that is!
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

2 Chocolate Chip Cookies



17 grams = 4 $\frac{1}{4}$ teaspoons

16 Animal Crackers



7 grams = 1 $\frac{3}{4}$ teaspoons

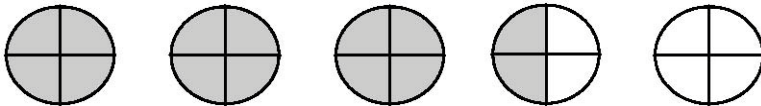
Count It Up!

ANSWER SHEET

Each colored circle equals 1 teaspoon of sugar - look how much that is!

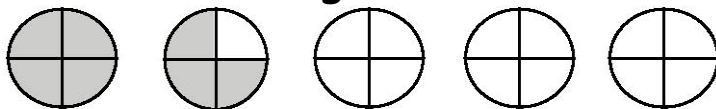
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

Chocolate donut



14 grams = $3 \frac{1}{4}$ teaspoons

Whole Wheat Bagel



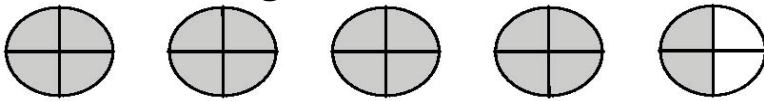
7 grams = $1 \frac{3}{4}$ teaspoons

Count It Up!

ANSWER SHEET

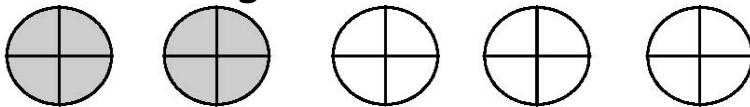
Each colored circle equals 1 teaspoon of sugar - look how much that is!
Take these answers and pour out the correct amount of sugar on a plate for each food or drink and SEE how much sugar is in things!

4-oz Fruit Yogurt



18 grams = 4 $\frac{1}{2}$ teaspoons

4-oz Plain Yogurt



8 grams = 2 teaspoons