

BE A SUGAR DETECTIVE

CLASS ACTIVITY

In the column provided, convert sugar amounts from grams into teaspoons. 1 teaspoon = 4g Sugar

Drink	Serving Size	Sugar Per Serve (g)	Sugar per Serve (tsp)
SOFT DRINKS			
Fanta	375ml	44.3g	
Bundaberg: Ginger Beer	375ml	39.8g	
Coca Cola	375ml	40g	
Sprite	375ml	35g	
ENERGY DRINKS			
Rockstar Energy Drink	500ml	83.5g	
Mother	500ml	51g	
Red Bull	250ml	27g	
SPORTS DRINKS			
Gatorade	600ml	36g	
Powerade	600ml	25g	
OTHER			
Lipton Ice Tea: Peach flavour	500ml	21g	
MILK			
Flavoured	300ml	31.8g	
Skim	250ml	11.5g	
Whole	250ml	11g	
JUICE			
Fruit Juice 100%	250ml	25g	
Fruit Drink	250ml	24.8g	
WATER	600ml	0g	

CLASS ACTIVITY

BE YOUR OWN DETECTIVE

As a class, record your sugar consumption across a week. Tabling the results in your term planner/ calendar. You will need to look at your food and drink labels to calculate your daily sugar intake.

PROMOTION / AWARENESS

KIDS COMBAT SUGARY DRINKS

Produce a class video or a class/group play on an aspect of this very important health issue.

Invite Dragons representatives to see the 'launch' of your play at a school assembly and be in the chance to receive invitations and tickets to a home game



DON'T GET SUCKED IN

YOU WOULDN'T EAT 16 TEASPOONS OF SUGAR SO WHY DRINK IT?



PRODUCT	TEASPOONS OF SUGAR	NUMBER OF ICY POLES WITH SAME AMOUNT OF SUGAR	HOW LONG YOU WOULD HAVE TO WALK TO BURN ONE OFF
7-11 Slurpee: Cola or Raspberry, \$3 Mega	20.4	7.6	1 hour 17 minutes
Hungry Jacks Frozen Coke: Jumbo	18.3	6.9	1 hour 10 minutes
Hungry Jacks Frozen Fanta: Mango Flavour, Jumbo	18.3	6.9	1 hour 10 minutes
7-11 Slurpee: Cola or Raspberry, \$2 Super	15.4	5.7	58 minutes
McDonalds Frozen Coke: \$1 Large	14	5.2	53 minutes
McDonalds Frozen Fanta: Orange \$1 Large	13.5	5.1	51 minutes
KFC Mountain Dew Freeze: \$1	13.2	4.9	50 minutes
KFC Solo Freeze: \$1	11.9	4.4	45 minutes
Hungry Jacks Frozen Fanta: Mango Flavour, \$1 Large	11.5	4.2	43 minutes
7-11 Slurpee: Cola or Raspberry, \$1 Large	11.2	4.2	43 minutes
Hungry Jacks Frozen Coke: \$1 Large	11.5	4.3	43 minutes
KFC Pepsi Freeze: \$1	10.1	3.8	38 minutes