

# Sugar Mountain



Eating  
too much food  
can make you  
gain weight.

**Coach Note:** Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To learn what to drink instead of sweet drinks

## Teaching Points

1. Sodas and sweet drinks have lots of sugar.
2. Drinking too much soda and sweet drinks can make you gain weight.
3. Instead of soda and sweet drinks, choose water, flavored water or diet drinks.



## What You Need

Place these things nearby:

- Empty large soda cup (32 oz.) (in kit)
- Food coloring (red, orange or yellow) – optional
- 1 liter bottle of sparkling water
- 1 box of sugar cubes
- 1 little plate
- Spoon for stirring

# Are You Ready to Play the Soda Game?

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**It's easy to get too much sugar when you drink soda.**

- What do you like to drink when you are thirsty?
- Here is a 32-ounce soda.
- Many people like to drink big sodas.
- Big sodas don't cost a lot.
- Big sodas are sold everywhere.
- Soda has a lot of sugar.
- Drinking soda can make you gain weight.
- Other drinks that have lots of sugar are lemonade, sweet iced tea, Kool-Aid and sports drinks.
- Even small sodas have lots of sugar.



# Let's Practice: Let's Make a Soda

**Coach Note:** Read to yourself!! Shhh!

There are 27 sugar cubes in this big soda. You will say, “Not yet!,” “Keep going!,” “Not enough yet!,” “Add some more,” or “That’s right!” until 27 sugar cubes have been added.

- How much sugar is in a big soda?
- Let’s find out together.
- We’re going to make a pretend soda.



- Pour the bottle of sparkling water into the 32-ounce glass.
- Add some food coloring to make it the color you want. Stir.
- Add 1 sugar cube to the glass.
- Is that how much sugar is in a big soda?



- Add the amount of sugar cubes you think are in this size soda.
- There are 27 cubes of sugar in a big soda.
- Count out 27 more sugar cubes.
- Make a mountain of sugar.
- You just learned about sugar in soda!

Turn the  
page to find  
some helpful  
hints!

# Let's Review: You've Learned About Sugar in Soda!

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## Enjoy Drinks Without Sugar.

Here's how:

- Choose these drinks:



**Water**



**Diet  
Drink**



**Diet Iced  
Tea**



**Hot Tea**