

How Much Sugar?

Fill your container. Measure the liquid and use the chart below. Our container holds _____ ounces of soda pop. One ounce of soda pop has about the same amount of sugar as one 4-gram sugar cube. So, our container full of soda pop would have _____ sugar cubes.



Count and stack that number of sugar cubes. Using the chart below, measure the amount of sugar in one container full of soda pop.

Amount of liquid in container	Container size	Teaspoons of sugar in container full of soda pop *	Cups of sugar if a person drinks 1 a day for a year	Pounds of sugar if a person drinks 1 a day for a year **
3/4 cup	6 ounces	5 teaspoons	38 cups	17 pounds
1 1/2 cup	12 ounces	10 teaspoons	77 cups	34 pounds
2 cups	16 ounces	13 teaspoons	102 cups	45 pounds
3 cups	24 ounces	20 teaspoons	153 1/2 cups	67 1/2 pounds
6 cups	48 ounces	40 teaspoons	307 cups	135 pounds
8 cups	64 ounces	53 teaspoons	409 cups	180 pounds

Using the chart above, fill in the blanks.

If someone drinks one of our containers full of soda pop every day for a year, he or she consumes _____ cups or _____ pounds of sugar.

Share your findings with the class.

* = Based on an average of 40 grams or 10 teaspoons of sugar in a 12-ounce can. Soft drinks vary with most having between 38 and 49 grams of sugar in a 12-ounce can.

** = 2 1/4 cups of sugar are in one pound of sugar.