Think Before You Drink Experiment

Lots of drinks have hidden sugar contents. Use the labels from different juice bottles or cartons and find the sugar content.

Draw the bottle below and write down the sugar content. Order the pictures from the least sugary drink to the drink with the highest sugar content. Remember that larger sized containers may have more sugar, so you might arrange the drinks by the amount of sugar per 100ml instead.

Were you shocked at any of your findings?

Name of drink	Name of drink	Name of drink	Name of drink
Sugar content	Sugar content	Sugar content	Sugar content



