

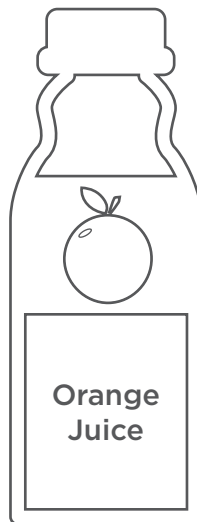
## How Healthy is My Drink?

### Instructions:

Color the drinks with more than 10 teaspoons of sugar **red**. These drinks are unhealthy for us.  
 Color the drinks with 1-9 teaspoons of sugar **yellow**. These drinks are okay to drink sometimes.  
 Color the drinks with 0 teaspoons of sugar **green**. These drinks are our #1 choice! We should drink these the most because they improve our health!



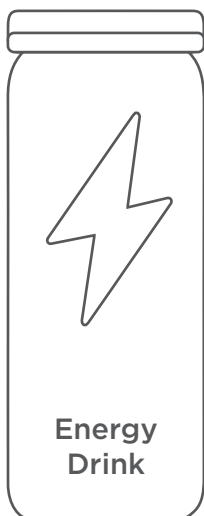
Chocolate milk contains about **5 teaspoons** or 1/8 cup of sugar!



Orange juice contains about **11 teaspoons** or 1/4 cup of sugar!



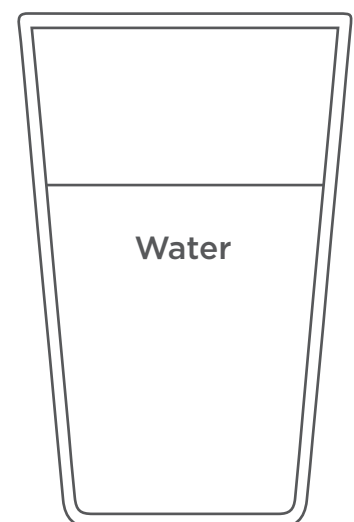
Soda pop contains about **16 teaspoons** or 1/3 cup of sugar!



Energy drinks contain about **10 teaspoons** or 1/5 cup of sugar!



Sports drinks contain about **14 teaspoons** or 1/3 cup of sugar!



Water contains **0 teaspoons** or 0 cup of sugar!

GRADE  
3-5