

“How Much Sugar Are You Eating?” bulletin board

Supplies:

- 1 lb bag of sugar
- 3 x 2 Cork bulletin board
- Push pins
- Small bags
- Tablespoon
- Snack/drink labels

Instructions:

1. Pick a list of snacks to display
2. Get wrappers of the snacks picked
3. Note amount of sugar per serving in each snack
4. Convert the amount of sugar in grams to tablespoons using a “grams to tablespoons converter” <http://www.convertunits.com/from/gram/to/tablespoon>
5. Using a tablespoon, measure out the amount of sugar for each snack and put the sugar into small bags (Note: Make sure to label each bag so they don’t get mixed up)
6. Evenly distribute and tack all the snack wrappers onto the cork bulletin board
7. Tack bags filled with sugar under each corresponding snack wrapper
8. Label each bag with the amount of sugar in them (in tablespoons)

