So Sweet

Goal: Predict how much sugar is in familiar cereals, then use Nutrition Fact Labels to find out

Before beginning

- Cover the sugar measurement on the Nutrition Facts labels with stick-on notes.
- Set out the boxes in random arrangement on a table.

Materials

- 6-8 boxes of familiar types of cereal, with sugar content labeled in grams
- stick-on notes and pencil
- sugar packet, about 1 teaspoon, with number of grams labeled (optional)

1 Take turns predicting how sweet

Explain that one pair at a time will:

- Line up the boxes from the one you predict has the least sugar to the one you predict has the most. You cannot look at the Nutrition Facts labels.
- Flip up the stick-on notes and check the Nutrition Labels for sugar content. (Demonstrate how to find sugar content.)
- Mix up the boxes, so the next pair can guess.

Pairs take turns arranging the boxes.
2. Ask about the order

Were you surprised by which cereals have the most sugar?
Do advertisers always want you to know how much sugar their cereals contain? Why or why not?

3. Taste It

Children may sample the cereals, in order to connect the sugar measurement with actual taste.

Optional: Show children the sugar packet for reference.

Variations

Taste Test (easier). Children taste the cereals before making their predictions. Use only three or four types of cereal, so children will remember which tastes sweetest.

So Salty (same as main activity). Use crackers or chips and predict least to most salty.

Grades

2-6+

Minimum number of participants

1

Suggested grouping

divide into pairs

Time

10 minutes or less

Math

understanding the measurement unit "grams"

© 2013, TERC, Inc. Cambridge, MA. This material is based on work funded in part and supported by the National Science Foundation under Grant Nos. ESI-0406675 and ESI-0714537. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the authors and do not necessarily reflect the views of the National Science Foundation.