

How Healthy is My Drink?

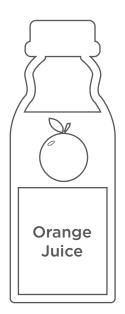
By Delta Dental of Tennessee

Instructions:

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



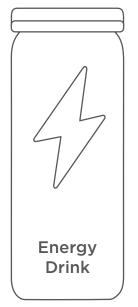
5 teaspoons or 1/8 cup of sugar.



11 teaspoons or 1/4 cup of sugar.



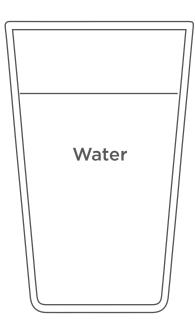
16 teaspoons or 1/3 cup of sugar.



10 teaspoons or 1/5cup of sugar.



16 teaspoons or 1/3cup of sugar.



O teaspoons or O cup of sugar.

