## How Healthy is My Drink?

## 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 O 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.


10 teaspoons or $1 / 5$ cup of sugar.


11 teaspoons or $1 / 4$ cup of sugar.


16 teaspoons or $1 / 3$ cup of sugar.


16 teaspoons or $1 / 3$ cup of sugar.


O teaspoons or 0 cup of sugar.

