

## How Healthy is My Drink?

**Instructions:**

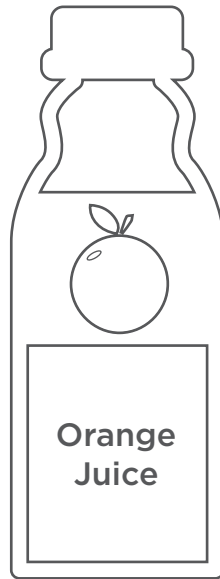
Color the drinks with more than 10 teaspoons of sugar **red**. These are the drinks that are bad for us.

Color the drinks with 1-9 teaspoons of sugar **yellow**. These are okay to drink sometimes.

Color the drinks with 0 teaspoons of sugar **green**. These are our #1 choice! We should drink these the most because they improve our health!



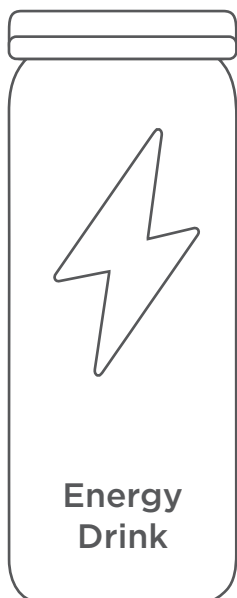
**5 teaspoons** or 1/8 cup of sugar.



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



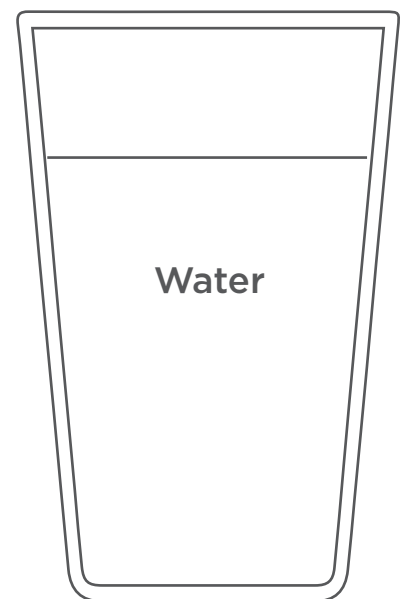
**16 teaspoons** or 1/3 cup of sugar.



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



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



**0 teaspoons** or 0 cup of sugar.