










6a. A PICTURE IS WORTH A THOUSAND WORDS

Representing Drink Data with Pictographs

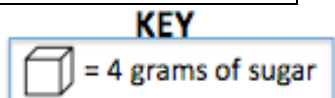
- ▶ How healthy are our favorite beverages?

Experts say that women should be getting no more than 6 teaspoons or sugar per day, while the limit for men should be 9 teaspoons per day. So, how many are people actually consuming? The average American currently consumes 22 teaspoons of sugar each day! Wait... it gets worse! The average American teenager eats 34 teaspoons per day. YIKES! Where is all this sugar coming from? Well... Many of the beverages that we drink are filled with sugar!

The pictograph below shows the amount of sugar in popular beverages. Drink containers are all different sizes, but the pictograph below shows the amount of sugar in 12 oz of each beverage. (Think: A Can of Soda is 12 oz)

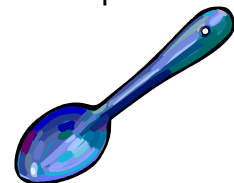
Red Bull	
Chocolate Milk	
Lemonade Vitamin Water	
Lemon-Lime Gatorade	
Low-fat Plain Milk	
Cookies 'n Cream Milkshake	
Coke	
Orange Juice	
Mt. Dew	

1. Why do you think this graph is called a pictograph?




2. How many grams of sugar are in 12 oz of Lemon-Lime Gatorade?
3. How many more grams of sugar are in Chocolate Milk than in Lowfat Plain Milk?

Did you know?
4 grams of sugar = 1 teaspoon



4. What was the range of grams of sugar in the drinks listed in the pictograph?

	<p>Keep in mind that many beverages come in containers that are much larger than 12 oz, so if you drink the whole thing, you are drinking a lot more than is shown in the table!!</p>
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5. On the previous page, you examined the sugar content of many beverages. The table below shows the number of **calories** in 12 oz of each of the same drinks. Complete the pictograph below to represent the number of calories in each beverage. Include a key!

Red Bull	165
Chocolate Milk	300
Lemonade Vitamin Water	75
Lemon-Lime Gatorade	300
Low-fat Plain Milk	165
Cookies 'n Cream Milkshake	420
Coke	150
Orange Juice	165
Mt. Dew	165

Red Bull	
Chocolate Milk	
Lemonade Vitamin Water	
Lemon-Lime Gatorade	
Low-fat Plain Milk	
Cookies 'n Cream Milkshake	
Coke	
Orange Juice	
Mt. Dew	

6. What was the value of each picture in your graph?

7. Which beverage had the most calories? Which beverage had the fewest calories?

8. What is the mode? What is the median? What does that information tell us?



WRITING/THINKING PROMPT:

- Now that you have seen that many of the beverages you drink have a surprising amount of sugar, will this change what you drink or how much you drink?
- How can schools encourage students to make healthy choices about what to drink?