



# Making your own drinks kit

## For you kit you will need:

- Plastic Container: preferably with lid, large enough to hold at least 8 soft drinks, approx. 30 x 40 cm and 20cm deep
- Re-sealable plastic bags: to hold sugar, approx sizes: 10 x 7cm can hold up to 10 teaspoons of sugar, 10 x 13 cm bags hold greater than 10 teaspoons Available from the Plastic Box and other stationary suppliers
- Sugar
- Sticky Labels
- Background notes



## What to do:

Select a range to soft drinks from this list below, label the bottom of each drink with the number of teaspoons of sugar

Fill plastic bags with corresponding teaspoons of sugar and label with the number of teaspoons

Add laminated background sheets

Drink	Teaspoons of sugar per 100mL	Teaspoons of sugar per serve	
Ribena	2.5	12.5	(500mL)
Fanta	3	18.5	(600mL)
Lift Plus	2.9	7.3	(250mL)
V	2.8	7	(250mL)
Fresh Up	2.6	13	(500mL)
Coke	2.6	16	(600mL)
Just Juice	2.5	10	(400mL)
G Force	2.7	16	(650mL)
E2	2.4	19.5	(800mL)
Calci yum	2.3	7	(250mL)
Powerade	1.5	11	(750mL)
Flavoured Water	0.9	6	(700mL)

Drink kit is suitable to display at events where there is supervision

### Notes:

Caffeine (listed in the ingredients list of caffeinated drinks) is a stimulant and may have adverse effects including dehydration, irritability and poorer calcium absorption

Caffeine is not recommend for children

Guarana, works in a similar way to caffeine

Sugar may also be listed as sucrose

Compare drinks by looking at the 100mL column However it may also be useful to know how much sugar is in a bottle so you can see how much is consumed per serve or bottle.

**Note: 1 teaspoon of sugar = 4 g**

Resource adapted from CDPH sugary drinks kit: [www.cph.co.nz](http://www.cph.co.nz)