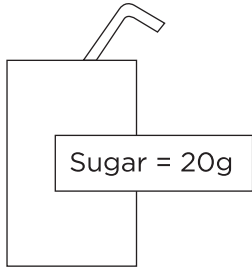


# Healthy Serving Sizes

**Directions:** The suggested serving size of sugar per day is 25 grams. Look at the grams of sugar for each item and fill in the boxes to show the amount. 1 box = 5 grams. After filling in the boxes, calculate what percentage of 25 grams that is. Round to the nearest tenth.

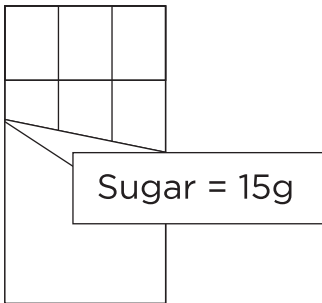


**Example:** What fraction of your daily sugar intake (25g) does juice make up?



Convert the fraction into a percentage.

80%



1. What fraction of your daily sugar intake (25g) does a chocolate bar make up?



2. Convert the fraction into a percentage.

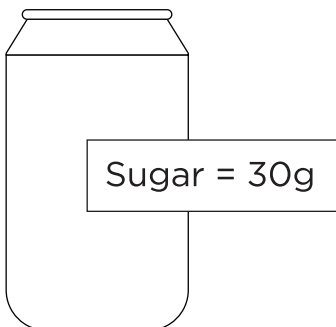
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3. What fraction of your daily sugar intake (25g) does a donut make up?



4. Convert the fraction into a percentage.

\_\_\_\_\_



5. What fraction of your daily sugar intake (25g) does a can of soda make up?

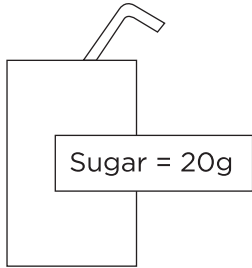


6. Convert the fraction into a percentage.

\_\_\_\_\_

# ANSWER KEY

**Directions:** The suggested serving size of sugar per day is 25 grams. Look at the grams of sugar for each item and fill in the boxes to show the amount. 1 box = 5 grams. After filling in the boxes, calculate what percentage of 25 grams that is. Round to the nearest tenth.

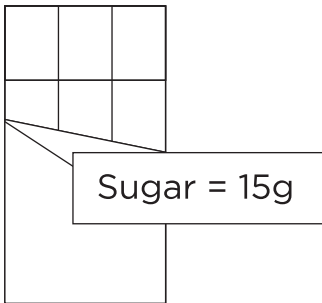


**Example:** What fraction of your daily sugar intake (25g) does juice make up?



Convert the fraction into a percentage.

80%

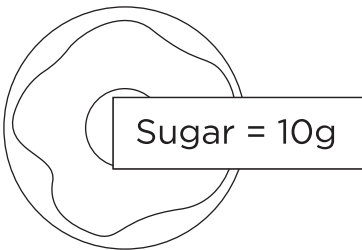


1. What fraction of your daily sugar intake (25g) does a chocolate bar make up?

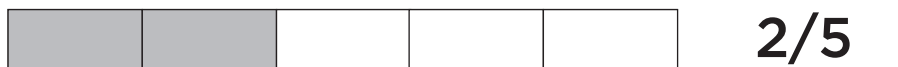


2. Convert the fraction into a percentage.

60%

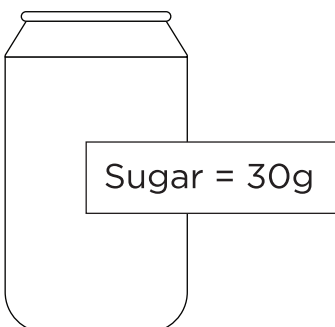


3. What fraction of your daily sugar intake (25g) does a donut make up?



4. Convert the fraction into a percentage.

40%



5. What fraction of your daily sugar intake (25g) does a can of soda make up?



6. Convert the fraction into a percentage.

120%