Materials Needed:
- 4-6 ft Table
- Tablecloth
- 6 Colored Napkins
- Demonstration Beverages:
  - White Milk
  - Chocolate Milk
  - Fruit Drink
  - Cola
  - Sports Drink
  - Bottled Water
- Sugar Cubes

Sugar Cube Guide:
1 cube = 2.5 grams added sugar

Water = 0 cubes
8 oz White Milk = 0 cubes
8 oz Chocolate Milk = 3 cubes
12 oz Sport Drink = 9 cubes
6.75 oz Fruit Drink = 10 cubes
12 oz Cola = 13 cubes

Set Up:
Place the tablecloth on the table and arrange the napkins on the table. Place the different demonstration beverages on each of the napkins with the appropriate number of sugar cubes designated for each corresponding drink.