

# Are You Having Dessert for Breakfast?

How many pounds of sugar do you consume from your cereal each year?

1. WRITE the number of cups of cereal you eat in one week

2. MULTIPLY that number by 2.5 the average number of teaspoons in a cup of cereal.

$$\frac{\text{Number of cups of cereal in one week}}{\text{one week}} \times 2.5 \text{ teaspoons of sugar} = \frac{\text{Total number of teaspoons of sugar in one week}}{\text{sugar in one week}}$$

3. MULTIPLY your TOTAL number by 52 to find out how many teaspoons of sugar you eat in one year.

$$\frac{\text{Total number if teaspoons of sugar in one year}}{\text{sugar in one year}} \times 52 = \frac{\text{Number of teaspoons of sugar in one year}}{\text{in one year}}$$

4. DIVIDE that number by 108 to find out how many pounds of sugar you eat in one year from soda.

$$\frac{\text{Number of teaspoons of sugar in one year}}{\text{in one year}} \div 108 = \frac{\text{Pounds of sugar consumed in one year from cereal}}{\text{one year from cereal}}$$