

Graph of the Week February _____, 2019

Analyze the graphs below and write a reflection on what you think the graphs are communicating to you. To guide you with your response, start with some observations.

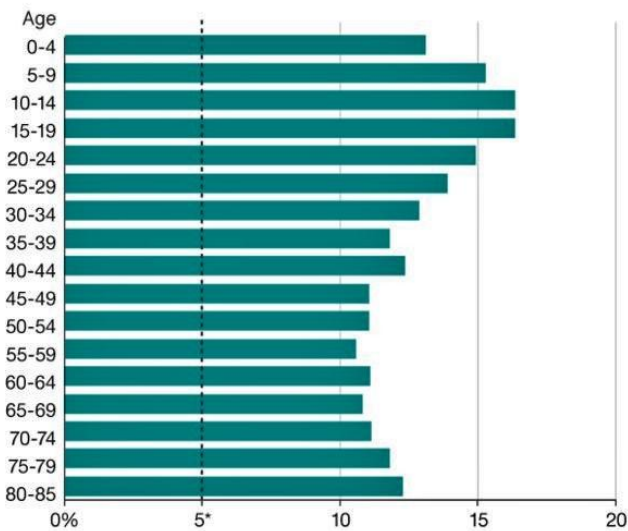
- What is the topic of each graph?
- What does the x-axis represent? What does the y-axis represent?
- What are some observations that you can make based on the graph?
- What do you foresee happening in the next 10 years?

Questions to ask when reading graphs:

- Is there an upward or downward trend?
- Are there any sudden spikes in the graph?
- What is being compared in the graph?
- What prediction can I make for the future?
- What inferences can I make about the graph?

The average teenager consumes three times more sugar than recommended, as a share of total calories

Percentage of calories which come from free sugars at each age



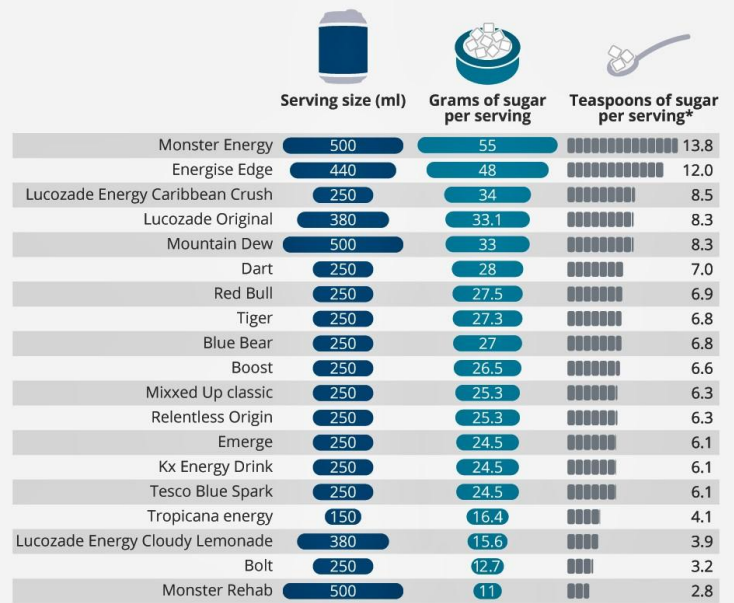
*Note: It is recommended that we consume no more than 5% of our calories from free sugars

Source: National Diet and Nutrition Survey, 2008-2014



How much sugar does an energy drink really have?

Grams/teaspoons of sugar per serving of popular energy drinks sold in Ireland



* Assuming a teaspoon holds 4 grams of sugar

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