



4.2 grams of sugar = 1 teaspoon



1 teaspoon

=



1 sugar cube

=



1 sugar packet

Divide the total number of grams listed by 4 to calculate the number of teaspoons of sugar.

Example:

$$\text{"Sugars 28g"} = 28 \div 4 = \mathbf{7 \text{ teaspoons}}$$