Name: $\qquad$
Date: $\qquad$

## How much sugar is in my favourite foods?

## Total

/15 TI

## Introduction

Sugars are a type of carbohydrate. Sugars are found in foods such as fruit, fruit juices, milk and vegetables. Sugars are used in cooking and baking to add flavour, a sweet taste and the right texture to certain foods.

Sugars that are added to foods during processing or preparation are called added sugars. Many pre-packaged foods contain added sugars, such as baked goods, candy and soft drink, or be used to preserve foods, such as fruit jams and jellies. Added sugars contribute mainly calories and taste. They have no major nutritional benefits.

There is no \% Daily Value (\% DV) for sugars in the Nutrition Facts table. This is because there is no daily recommended amount of sugars you need to eat each day.

## Purpose

The purpose of this investigation is to: $\qquad$ .

Materials

5 or more sample food labels
Sugar
250mL Beaker

| Observations |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- |
| Food <br> (name \& brand) | Serving size <br> (g or mL) | Sugar content <br> per serving <br> (g or mL) | Total size of <br> entire snack <br> (g or mL) | Sugar content of <br> entire snack <br> (g or mL) | List of added <br> sugar(s): |
| 1. |  |  |  |  |  |
| 2. |  |  |  |  |  |
| 3. |  |  |  |  |  |
| 4. |  |  |  |  |  |
| 5. |  |  |  |  |  |

## Visualization

1. Pick out the label with the highest amount of sugar per snack
2. Measure out the amount of sugar with the balance (use a weight boat to contain sugar)
3. Transfer sugar to a small beaker
4. Place your beaker of sugar \& display it with the food label at the front of the class
5. Compare results with your classmates

## Discussion

1. Which of your own food samples contained the highest amount of sugar?
2. From the visualization activity, which food from the class contained the most amount of sugar?
$\qquad$
3. Why is consuming too much sugar bad for your heath? _ /2
$\qquad$
4. What foods did you find high in sugar, that you thought were considered 'healthy'?
$\qquad$

## Conclusion - paragraph response

Reflect upon your discoveries of this activity. Comment on the types of foods that you eat, your experience with reading the nutrition facts on your food labels, the visualization activity we did as a class, and what effect it has on your decisions for buying/eating foods in the future.
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