

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: _____.

Materials

5 or more sample food labels
Balance scale

Sugar
250mL Beaker

Observations

/5

Food (name & brand)	Serving size (g or mL)	Sugar content per serving (g or mL)	Total size of entire snack (g or mL)	Sugar content of entire snack (g or mL)	List of added 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

