

# BE A SUGAR DETECTIVE!

## PART 2



Zero Sugary Drinks

### Teacher Directions

**Objective:** Students will look at the ingredient labels from beverages and learn to identify the different sugars, as well as figure out what the main ingredient is.

Health

Language  
Arts

#### Directions:

1. Ask students to bring in the packaging from a favorite beverage, and locate the ingredient label.
2. Have a student volunteer to list the ingredients of his drink on the chalkboard. Have the class try to identify the different sugars listed. Refer to the list below.
3. Review with your class how to determine what the main ingredient of a product is. Explain that the ingredients are listed in order by weight, with the first one being the main ingredient. The first ingredient is present in the greatest quantity, with the others listed in descending order.
4. Have students investigate their drinks, and fill out their activity sheets individually or in groups.



#### Different types of SUGAR:

beet sugar	honey*
brown sugar*	invert sugar
cane syrup	high fructose corn syrup
corn syrup	maltose
dextrose	molasses*
fructose	sucrose
glucose	

\* These have a little more nutritional value than white sugar.

**Note:** If an ingredient ends with "ose," it's most likely a sugar!



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Zero Sugary Drinks

Name: \_\_\_\_\_

Answer the questions below by reading the ingredient label from your favorite beverage.



1. Name of beverage: \_\_\_\_\_  
\_\_\_\_\_
2. List the ingredients: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What do you think the main ingredient is? \_\_\_\_\_
4. Why? \_\_\_\_\_  
\_\_\_\_\_
5. How many different types of sugar are listed? \_\_\_\_\_
6. List the types of sugar: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. Does the beverage provide any nutrients like vitamins, minerals, protein or fiber? If so, list them here: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Do you think your beverage is a healthy drink? \_\_\_\_\_  
\_\_\_\_\_

