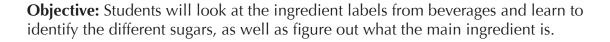
## BE A SUGAR DETECTIVE! PART 2

### **Teacher Directions**





Zero Sugarv

0

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 our 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

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

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











# BE A SUGAR DETECTIVE! PART 2



Zero Sugary

0

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?
т.	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?









