

BE A SUGAR DETECTIVE!

PART 1



Name: _____

When reading an ingredient label, the order in which the ingredients are listed is key. Ingredients are listed in order by weight, with the main ingredient listed first. The first ingredient is present in the greatest quantity, with the others listed in descending order.

Mystery Product #1:

Ingredients:
Corn, eggs, sugar, oil

Mystery Product #2:

Ingredients:
Sugar, corn, eggs, oil

1. Which of the two mystery products above is healthier? How can you tell?

But label reading can be tricky! Sometimes there are different kinds of sugar listed throughout a label that when added together, may represent a greater quantity. Below is a list of different types of sugars that are often found in processed food products.

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!



Look at the ingredient label of a popular cereal below. What is the main ingredient? Remember, read the whole label! Some ingredient labels are very tricky!

Cereal Ingredients:

Cornmeal, sugar, graham flour, brown sugar, wheat starch, coconut oil, brown sugar syrup, salt, honey, milk, sodium bicarbonate, dextrose, trisodium phosphate, sodium ascorbate, artificial flavor, calcium carbonate, vitamins, iron.

2. What is the main ingredient in the cereal above? How can you tell? _____

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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.



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