

Activity 5. The Scoop on Sugar (10 mins)

Key Messages

- Knowing what is in drinks helps us to make healthy choices.

Objectives

- To distinguish drinks with naturally occurring sugars from those with added sugars.
- To identify different names for sugar.

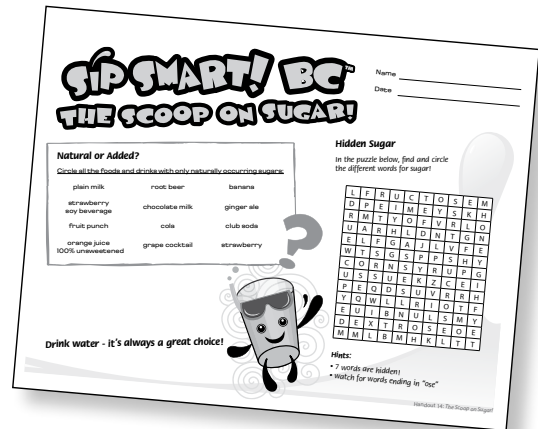
Preparation

You need:

- **Sip Smart! BC™ Drink Cut-outs**
- Copy Handout 14: *The Scoop On Sugar!* for each student.

Also:

- Make overhead copy of Overhead 6: *The Scoop on Sugar! (Answer Key)*.



Activity

Level 2

- Explain the difference between naturally occurring sugars and added sugars.
- Hand out the **Sip Smart! BC™ Drink Cut-outs** and ask students if they can find other names for sugar on the labels.
- Cue: watch for words ending in "-ose".
- Distribute Handout 14: *The Scoop on Sugar!* and have students complete it.
- Use Overhead 6: *The Scoop on Sugar! (Answer Key)* to compare results.



You need to know what the words on a label mean to make a healthy choice

Home Connection

We recommend distributing the **Sip Smart! BC™ Booklets** and Handout 18: *Crossword Puzzle* after Lesson 2. The answers to all puzzle questions can be found in the booklet. If you don't have enough copies of the booklet you can print extras from the masters on our website. The booklet is available online in 4 languages:

- Chinese
- English
- French
- Punjabi

Remember to take a few minutes to discuss the answers to the crossword puzzle with students the next day!

Activity Tips

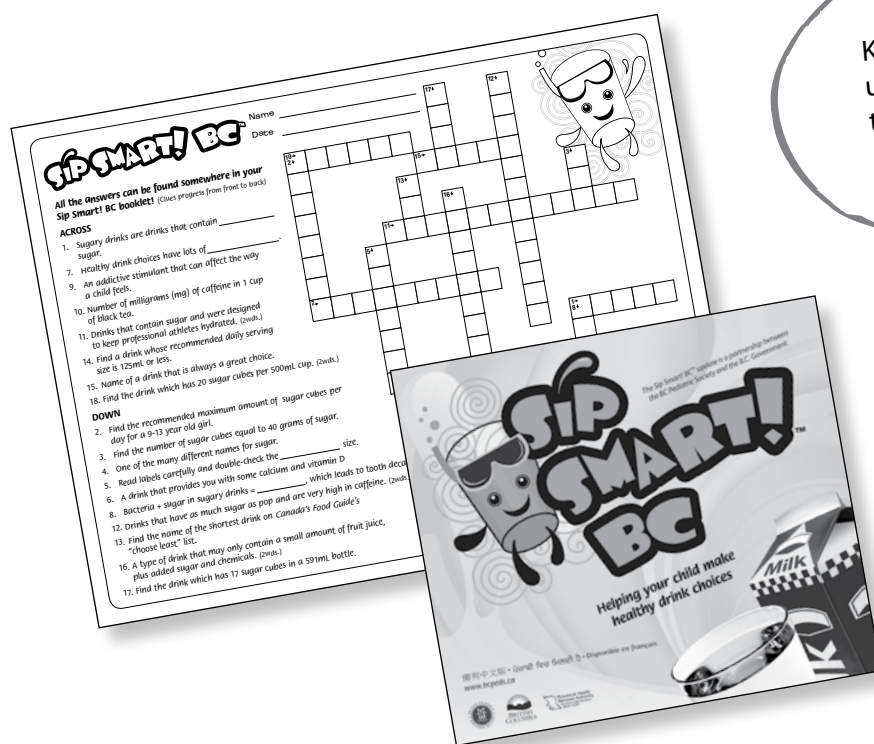
Fructose: a sugar found in honey, fruits, and root vegetables

Lactose: a sugar found in milk and milk products

Maltose: a sugar found in malt and other grains

Glucose: a simple sugar, used by living cells as a source of energy, found in foods containing carbohydrate

Sucrose: a sugar made by combining glucose with fructose, also known as table sugar



The Punchline!

Knowing what is in drinks can help us make healthy choices. You need to know what the words on a label mean to make a healthy choice.

Name _____

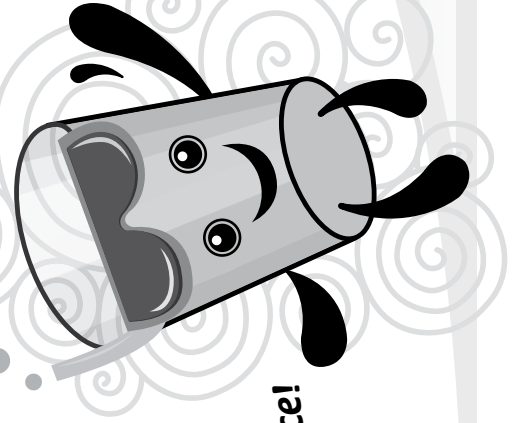
Date _____

SIP SMART! BC™ THE SCOOP ON SUGAR!

Natural or Added?

Circle all the foods and drinks with only naturally occurring sugars:

- | | | |
|-------------------------|----------------|------------|
| plain milk | root beer | banana |
| strawberry soy beverage | chocolate milk | ginger ale |
| fruit punch | cola | club soda |
| orange juice | grape cocktail | strawberry |
| 100% unsweetened | | |



Drink water - it's always a great choice!

Hidden sugar

In the puzzle below, find and circle the different words for sugar!

L	F	R	U	C	T	O	S	E	M
D	P	E	I	M	E	Y	S	K	H
R	M	T	Y	O	F	V	R	L	O
U	A	R	H	L	D	N	T	G	N
E	L	F	G	A	J	L	V	F	E
W	T	S	G	S	P	P	S	H	Y
C	O	R	N	S	Y	R	U	P	G
U	S	S	U	E	K	Z	C	E	I
P	E	Q	D	S	U	V	R	R	H
Y	Q	W	L	L	R	I	O	T	F
E	U	I	B	N	U	L	S	M	Y
D	E	X	T	R	O	S	E	O	E
M	M	L	B	M	H	K	L	T	T

Hints:

- 7 words are hidden!
- watch for words ending in "ose"

SIP SMART! BC™

THE SCOOP ON SUGAR!

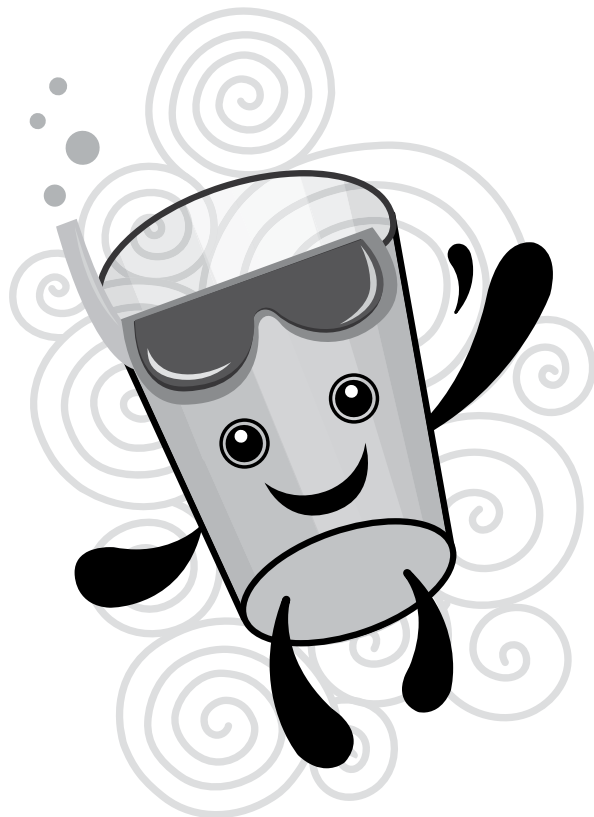
Answer Key

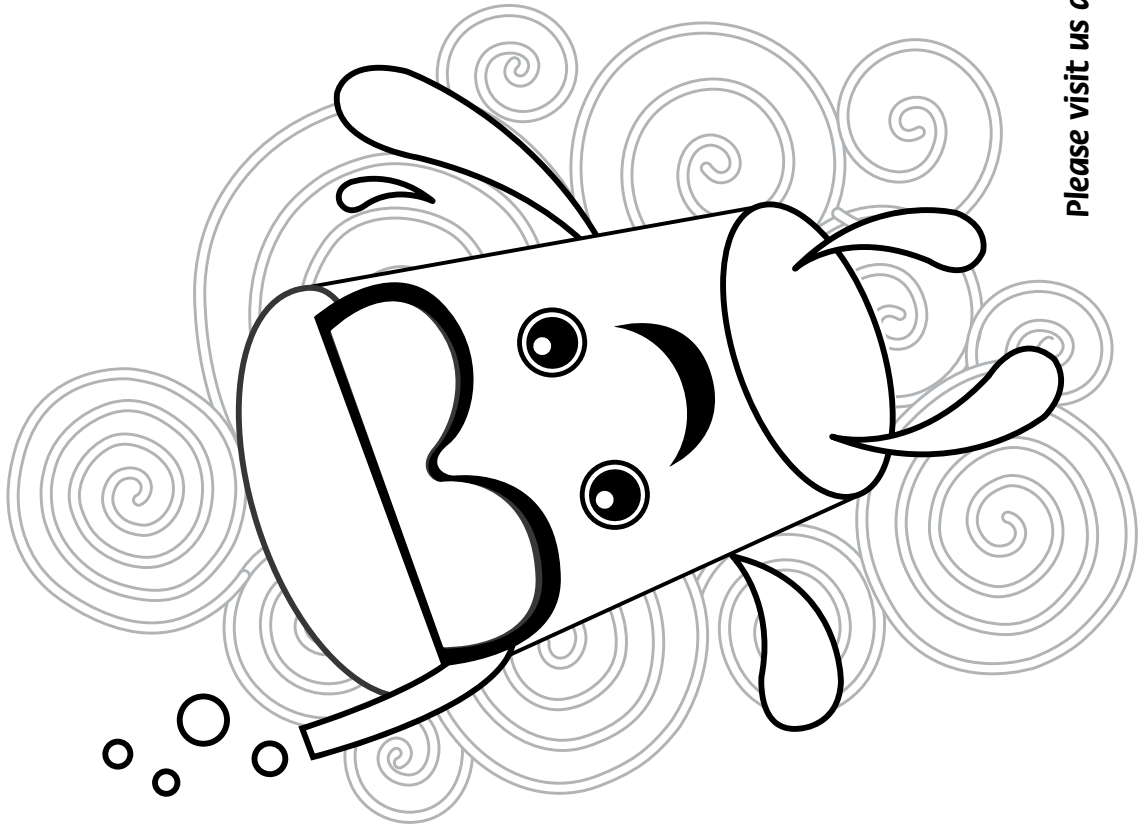
Natural or Added?
 Circle all the foods and drinks with only naturally occurring sugars:

plain milk - lactose	root beer	banana - fructose
strawberry soy beverage	chocolate milk	ginger ale
fruit punch	cola	club soda
100% orange juice - fructose	grape cocktail	strawberry - fructose

Naturally occurring sugars are usually present in foods that have many other vitamins and minerals.

L	F	R	U	C	T	O	S	E	M
D	P	E	I	M	E	Y	S	K	H
R	M	T	Y	O	F	V	R	L	O
U	A	R	H	L	D	N	T	G	N
E	L	F	G	A	J	L	V	F	E
W	T	S	G	S	P	P	S	H	Y
C	O	R	N	S	Y	R	U	P	G
U	S	S	U	E	K	Z	C	E	I
P	E	Q	D	S	U	V	R	R	H
Y	Q	W	L	L	R	I	O	T	F
E	U	I	B	N	U	L	S	M	Y
D	E	X	T	R	O	S	E	O	E
M	M	L	B	M	H	K	L	T	T





10	T	H	I	R	T	E	E	7	N	U	T	S	E	R	V	I	N	G	5	S	E	R	I	E	N	T	S	16	F	O	R	T	S	15	W	A	T	E	R	G	Y	D	R	I	N	K	S	12	E	N	E	R	G	Y	D	R	I	N	K	S	3	T	E	N	K	S	17	C	O	L	A	T	E	R	G	Y	D	R	I	N	K	S	1	A	D	D	E	D	8	A	D	D	E	D	4	F	E	I	N	E	9	C	A	F	F	E	R	U	14	J	U	I	C	E	6	M	18	I	C	E	D	C	O	F	F	E	E	T	C	O	S	E
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