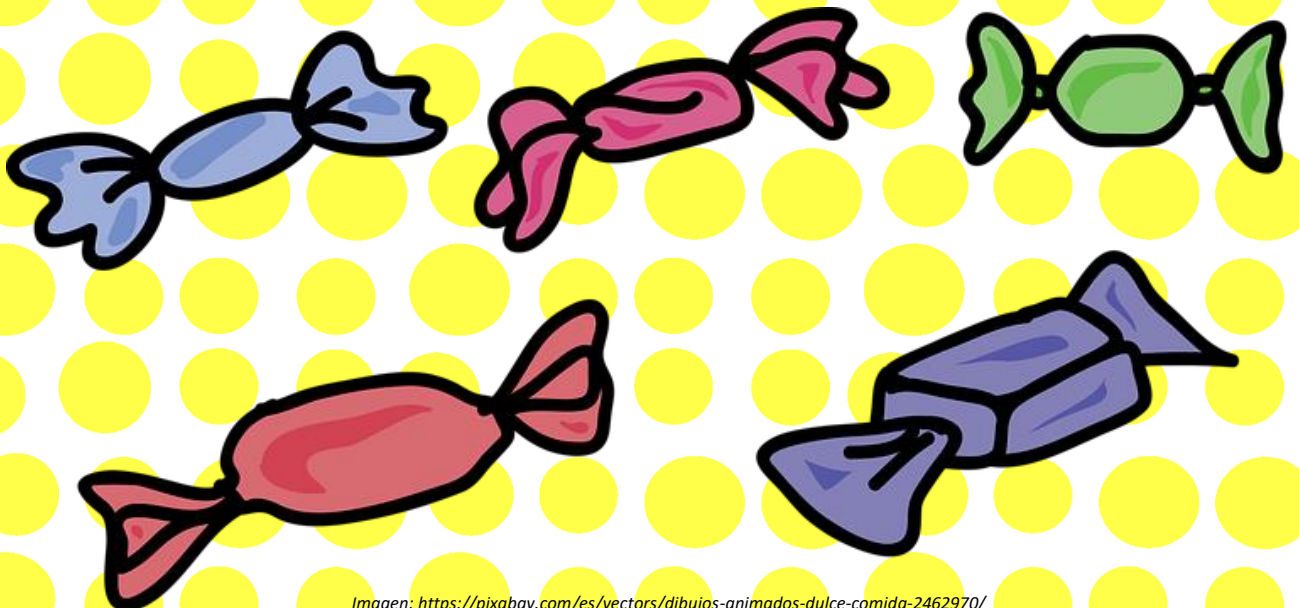


# Sugar

Science  
project



# Objectives

Imagen: Ana Alzaga



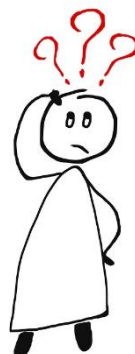
- **To find out whether people are aware of the amount of sugar found in everyday foods.**
- **To measure out the sugar of various foods and find out whether people can correctly determine how much sugar is in certain common foods.**
- **To find some interesting facts about sugar in foods.**

# *Introduction*

**Most humans crave for sugary food. However, sugar provides a lot of calories into a small amount of food, which was a crucial factor for our ancestors, as it could mean the difference between life and death.**

**Sugar can overload our body systems, to the point that we may develop diabetes.**

**Sugar is hidden in foods that we wouldn't expect.**



# Research Questions



- Are there any advantages of eating sugar?
- What is the effect of sugar on body chemistry?
- What happens, over time, if a person eats too much sugar too frequently?
- What does the body do with sugar?

# Procedure

- **Collect a number of different foods that you would like to see the sugar content for.**
- **Try to guess how much sugar the foods may contain.**
- **Record your guesses on a chart such as the one below.**
- **Now look at the food labels and fill in the chart with the amount of sugar in each product.**
- **Check how many of them you guessed correctly.**





*Some interesting facts  
about sugar*

**1**

**2**

**3**

**4**

**5**



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