

Activity 5. The Scoop on Sugar (10 mins)

Key Messages

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

Objectives

- To identify different names for sugar.

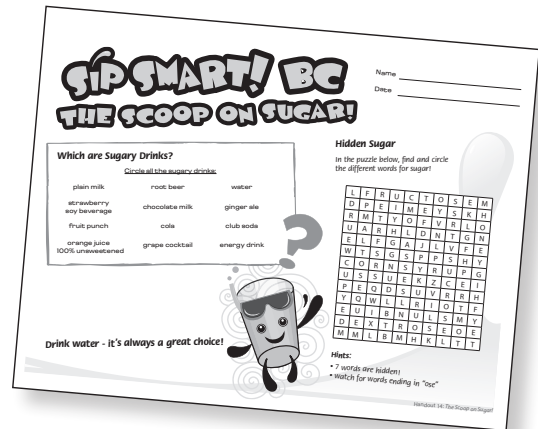
Preparation

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

- 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

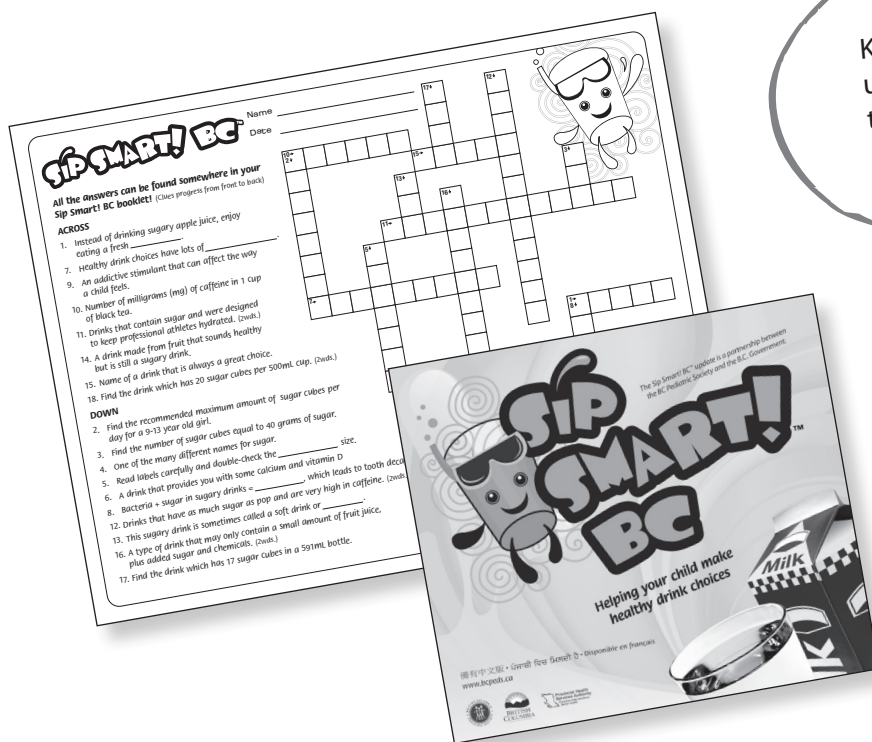
Fructose: a sugar found in honey, fruits, and root vegetables

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 _____

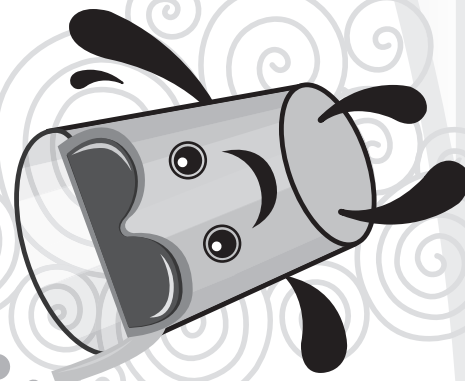
Date _____

SIP SMART! BC THE SCOOP ON SUGAR!

Which are Sugary Drinks?

Circle all the sugary drinks:

- | | | |
|-------------------------|----------------|--------------|
| plain milk | root beer | water |
| strawberry soy beverage | chocolate milk | ginger ale |
| fruit punch | cola | club soda |
| orange juice | grape cocktail | energy drink |
| 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

Which are Sugary Drinks?

Circle all the sugary drinks:

plain milk	root beer	water
strawberry soy beverage	chocolate milk	ginger ale
fruit punch	cola	club soda
100% orange juice	grape cocktail	energy drink

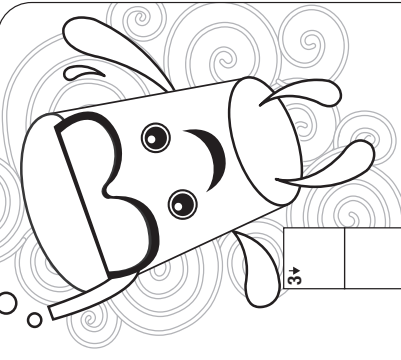
Naturally occurring sugars are usually present in foods that have many other vitamins and minerals.

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





Name _____
Date _____



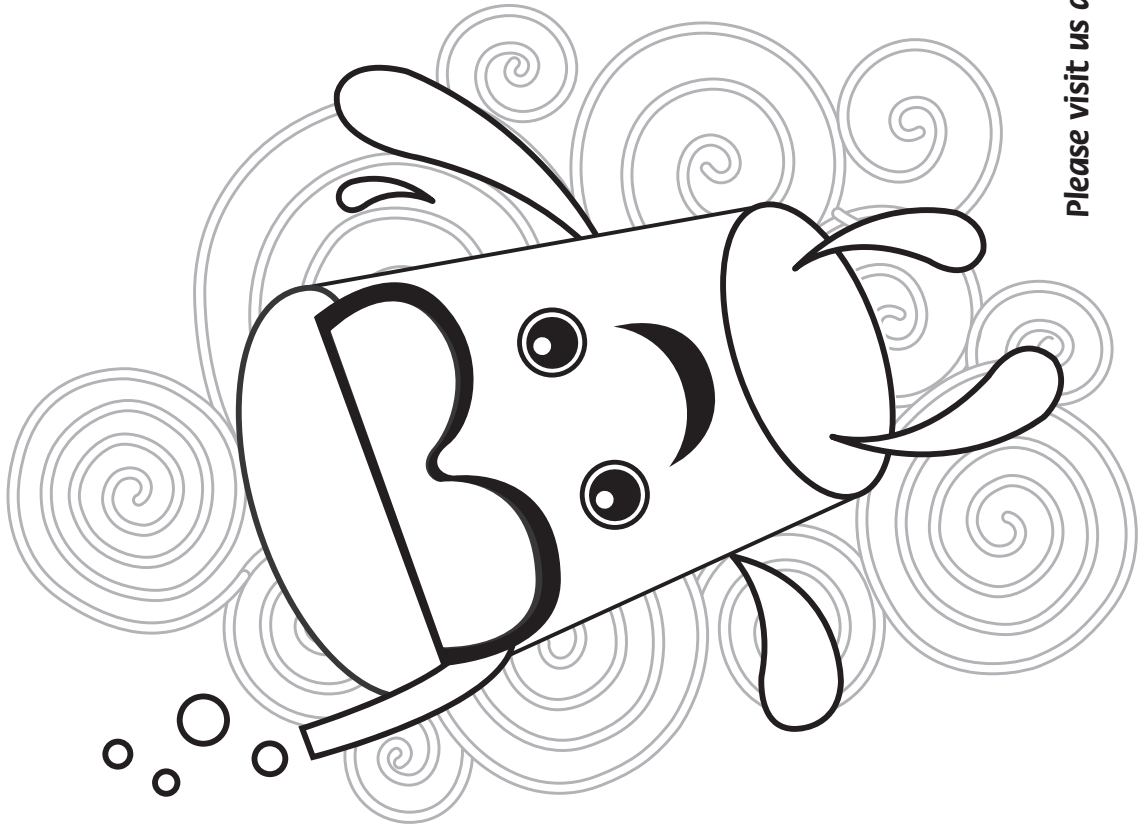
All the answers can be found somewhere in your Sip Smart! BC booklet! (Clues progress from front to back)

ACROSS

1. Instead of drinking sugary apple juice, enjoy eating a fresh _____.
7. Healthy drink choices have lots of _____.
9. An addictive stimulant that can affect the way a child feels.
10. Number of milligrams (mg) of caffeine in 1 cup of black tea.
11. Drinks that contain sugar and were designed to keep professional athletes hydrated. (2wds.)
14. A drink made from fruit that sounds healthy but is still a sugary drink.
15. Name of a drink that is always a great choice.
18. Find the drink which has 20 sugar cubes per 500mL cup. (2wds.)

DOWN

2. Find the recommended maximum amount of sugar cubes per day for a 9-13 year old girl.
3. Find the number of sugar cubes equal to 40 grams of sugar.
4. One of the many different names for sugar.
5. Read labels carefully and double-check the _____ size.
6. A drink that provides you with some calcium and vitamin D
8. Bacteria + sugar in sugary drinks = _____, which leads to tooth decay.
12. Drinks that have as much sugar as pop and are very high in caffeine. (2wds.)
13. This sugary drink is sometimes called a soft drink or _____.
16. A type of drink that may only contain a small amount of fruit juice, plus added sugar and chemicals. (2wds.)
17. Find the drink which has 17 sugar cubes in a 591mL bottle.



10	T	H	I	R	T	E	E	7	N	U	T	S	5	S	E	R	V	I	N	G	11	S	P	O	R	T	S	16	F	O	R	T	S	15	W	A	T	E	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	13	P	O	8	A	P	P	L	E	4	F	R	U	9	C	A	F	F	E	I	N	E	14	J	U	I	C	E	T	6	M	18	I	C	E	D	C	O	F	F	E	E	9	C	H	1	C	E	D	C	O	S	E
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