

Spot the different types of sugar

It is often very difficult to find out how much sugar there is in a product. Different types of sugar have lots of different names, making it difficult to spot sugars in the ingredients list. Put a tick by any of the following ingredients that you think are a type of sugar, or which are sweet enough to make food taste more sugary.

Hint: You might want to check the website: <http://www.chewonthis.org.uk/glossary.htm>

Sucrose

Concentrated apple juice

Skimmed milk

Monosodium glutamate

Honey

Glucose

Fructose

Citric acid

Vegetable oil

Dextrose

Concentrated grape juice

Modified starch



Answer: Sucrose, concentrated apple juice, honey, fructose, glucose, dextrose and concentrated grape juice are all forms of sugar, used to sweeten foods.