

Find out about sugar and energy

Food manufacturers know that too much sugar that we like the sweet taste of sugar. By adding extra sugar or other sweetening ingredients, they can increase the sales of their food and drink products. Some manufacturers try to justify all the added sugar by explaining that it provides us with energy, but do we really need all that extra energy? Won't it just end up getting stored in our bodies as extra fat?

1 What happens to energy your body doesn't use up?

A: Your body stores the energy as fat

B: You burn off the extra energy by getting hotter

C: Your body can't store extra energy, so it goes straight through you and into the toilet

2 One company claims that its drink 'provides **GLUCOSE, the brain and body's NATURALLY PREFERRED ENERGY source**'. A single bottle of the company's drink contains 12 teaspoons of sugar. How many of the statements (shown on the right) do you think are true?

A: This drink could make you brainier

B: This drink could encourage weight gain

C: This drink could encourage tooth decay

3 When doing school work you use about 25 kcalories of energy every 20 minutes. If an 'energy' drink provides roughly 240 kcalories of energy, how much school work will you have to do to use up this energy?

A: Between 1 and 2 hours of school work

B: Between 2 and 3 hours of school work

C: Over three hours of school work



Answers: (1): A. (2) B and C. Drinking sugary drinks might give you a sugar rush, but it won't make you brainier. (3): C.