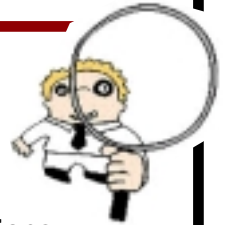


Can you spot the hidden sugar?



Ingredients of a chocolate bar:

Filling (68%): (Glucose solids (23%) (Glucose syrup, Dried glucose syrup), Vegetable oil, Skimmed milk, Biscuits (5%) (Wheat Flour, Sugar, Vegetable oil, Salt, Malt extract, Flavouring, Raising agent (Sodium bicarbonate)), Sugar, Cocoa, Glycerol, Whey, Emulsifier (Soya lecithin, E471), Flavourings). Milk chocolate (32%): (Milk, Sugar, Cocoa mass, Cocoa butter, Vegetable fat, Emulsifier (E442), Flavourings).

Try answering these four questions:

1. Looking at the ingredients lists, how many times do you think sugar is used to make a chocolate bar, and chewy sweets?

Chocolate bar: Sugar used times

Jelly sweets: Sugar used times

2. Now use a dictionary or the website <http://www.chewonthis.org.uk/glossary.htm> to look up other sugary ingredients. Write down the names of the sugary ingredients:

Chocolate bar:
.....

Chewy sweet:
.....

Ingredients of a chewy sweet:

Fruit (37%) (consisting of concentrated apple & pear puree (30%), dehydrated apple (6%), concentrated raspberry juice (1.1%)), maltodextrin, sugar, dextrose, glucose syrup, vegetable oil, gelling agent (pectin), natural colour (anthocyanins), flavouring, malic acid, milk protein



3. Was there more sugar in the chocolate than you thought?

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4. Was there more sugar in chewy sweets than you thought?

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TIP: It is often very difficult to find out how much sugar there is in a product. One useful tip is to look out for words ending in 'ose', like sucrose, glucose and fructose. These are all types of sugar.