

## Sugar

You have probably been told more than once that eating too much sugar is not good for you. Do you know why too much sugar is bad for your body?

Our bodies need some sugar- this kind of sugar is called glucose. This helps to break down fats and send a signal to our brain that we are full. Another natural sugar is fructose which is found in fruit. This gives the body some energy it needs to function.

Can you have a go at measuring the different amounts of sugar in some of the food or drinks at your house. For example: chocolate, orange juice and tomato ketchup.

Can you find out the negative impact sugar can have on our bodies? Can you make us an information poster to show these impacts.



## Tooth Decay Investigation

Here is an 'eggciting' science experiment for you to conduct to see the impact different liquids can have on your teeth.

In this experiment you will be using hard boiled eggs to act as the teeth. You place these eggs into different liquids such as: coke, orange juice, vinegar, blackcurrant squash, milk and water. You don't need to do all of these liquids but if you could do at least 3 to allow you to compare the impacts. You need to leave the eggs in the liquid for a week to see if it has had any effect on the shell.

Make predictions at the start of the week.

After a week if you take the eggs out and make some observations. What happened to the shell? Did the colour stay the same? Is it what you expected?



## Food Tasting

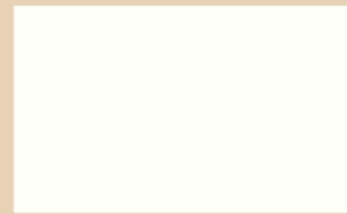
It is always great to try new things. If possible at home have a go at trying some new food. It could be some different fruits, vegetables or even some dinners you have never had before! Once you have tried these foods have a go at scoring them on the following sheet.

It might be fun to do this with another member of your family so you can see if you like or dislike the same things.

Can you use some of these words to describe why you like or dislike the food. Is it because it is too salty, bitter or sweet?

### Scoring System

e.g. 1-5 stars



#### Name

Is the name unique / catchy?



#### Appearance

Does the design look attractive / appealing?



#### Taste

What is the flavour like?



#### Texture

How does the product feel to touch / taste?

1)

2)

3)

4)

## Food Adjectives

Dry	Juicy
Zingy	Zesty
Delicious	Yummy
Crunchy	Rubbery
Spicy	Flavoursome
Fresh	Oily
Crisp	Tangy
Bland.	Plain

If you have a chance to try any new food or do any cooking in the kitchen this week, send in some photos or drawings of what you have made! :)



