Sugar

Name:

Sugar Facts

• Most sugar comes from sugar cane that grows in stalks and beets that grow underground.

• Sugar is one of the oldest cooking ingredients. It has been used for more than 2,000 years.

• Before sugar, people used honey to sweeten their food.

• Sugar gives us energy.

• Sugar is able to act like a natural preservative and can help stop some foods from going bad.

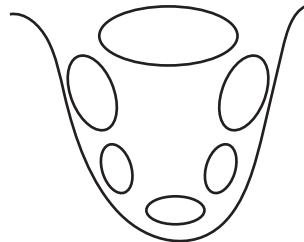• One can of soft drink can have about 9 teaspoons of sugar.

• Sweet is the only taste humans are born craving.

• Lemons contain more sugar than strawberries.

Do you know any more interesting facts about sugar?

Sweet Tastes

Your tongue is covered with thousands of tiny taste buds. The taste buds can recognise four basic kinds of tastes: sweet, salty, sour, and bitter.

Dab some sugar on different parts of your tongue. Where do you pick up a sweet taste? Mark it on the tongue drawing. Try this with a different member of your family.

Sugar Survey

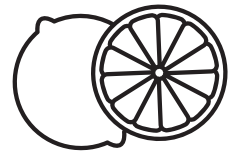*Ask your family and friends whether they add sugar to their cereal. Who adds the most sugar? How many don't add sugar? You can also ask if they add sugar to their tea or coffee.*

Writing a Recipe for Lemonade

Procedures are instructions that tell the reader how to do something. Procedures that tell how to prepare food are called recipes.

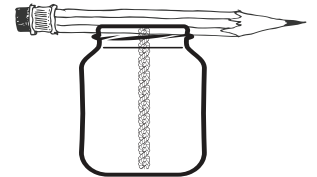*Write a simple recipe for lemonade and include sugar as an ingredient. List everything you need. (ingredients) Write step by step instructions that tell the reader what to do and in what order.*

Making Sugar Crystals

What you need: sugar, clean glass jar, pencil, string, spoon

Tie the string to the pencil. Put the pencil across the top of the jar and make sure that the string does not touch the bottom of the jar.

Ask an adult to boil some water, then add sugar (a teaspoon at a time) to the water and stir. Keep adding sugar until the sugar stops dissolving.

Pour the solution into the glass jar, then place the pencil on the top of the jar with the string dangling into the sugar solution.

Put the jar somewhere it will not be disturbed. After 1-2 days, small crystals should start forming on the string.