

Student experiment
(1st - 4th grade)

Hidden sugar in all groceries

 **Time:** max. 15 min.

Safety:

Instruments:

- test sticks (including the packaging tube with color scale)
- Petri dishes

Chemicals:

- Various groceries (milk, yoghurt, juice, cocoa, oil, etc.)

Experiment:

- Dip the test sticks quickly into a grocery sample.
- Wipe the test stick clean with a paper towel.
- Wait roughly two minutes, and then compare the test stick markings with the color scale on the tube.
- How much sugar do the various groceries have in them?

Advice for the teacher:

The pupils should learn that sugar is often added to foods which they normally view as sugar-free (or at least low in sugar).
