

YEAR 8

If you have completed the work on the Titanic

We will start to look at processing food.

1. Where does sugar come from?
2. list the different types of sugar
3. How do they produce each type of sugar? Diagrams can be used to describe this
4. Which sugars are more commonly used?

Sugars are not just used in sweet foods such as pudding and desserts they are also used in savoury recipes, particularly marinades and cultural dishes.

5. Can you name some of these dishes?
6. look at some of the foods you have at home and see if they contain sugar
7. Draw a label listing the ingredients from one of the food you have at home
8. How many ingredients are above the sugar on the label? this will help to show how much sugar is in the food compared to the other ingredients.