Worksheet: Sugar Detective Challenge – 7 Pieces of Evidence

Child's name:	
Date:	

Location: ☐ Refrigerator ☐ Freezer ☐ Pantry (cupboard/drawer/storage) ☐ Supermarket

Goal of the challenge: We collect clues instead of rules. Your child chooses 7 foods they believe contain no sugar. Then you take a closer look together—calmly curious and without stress.

How it works (quick & easy):

- Find 7 foods (from one area or from several).
- Place all 7 items on the table—like pieces of evidence.
- Detective mode: Talk about each food.
- If there is packaging: read the ingredients list out loud.
- Just note clues—no right/wrong needed.

Your 7 finds

Evidence item 1

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Evidence item 2

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Evidence item 3

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Evidence item 4

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Evidence item 5

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Evidence item 6

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Evidence item 7

Product (name/brand):	
Where found?	☐ Refrigerator ☐ Freezer ☐ Pantry ☐ Supermarket ☐ Other
Does sugar appear in the ingredients list (if available)	☐ yes ☐ no ☐ I'm not sure
Ingredients list: **What else stands out to you?**	
Detective clues / questions:	
Verdict (gut feeling):	☐ probably no sugar ☐ sugar is in it ☐ unsure

Detective notes (everything that stood out)

Reflection for you

What was surprising? Did your child say or notice something you wouldn't have seen yourself?

A little reveal to help (friendly & detective-ready)

Sometimes sugar is clearly visible—and sometimes it wears a costume. This cheat sheet is not a "ban list", but a magnifying glass: you use it to understand packaging better and decide together more wisely when it comes to the "big picture".

Mini checklist

- Step 1: Read the front—what promises are made? (e.g., "sugar-free", "no added sugar", "less sweet").
- Step 2: Read the ingredients list—the order usually means: earlier = more.
- Step 3: Look for sugar words—if several different sugar names appear, that's often a sign of "split" sweetness.
- Step 4: Put it in context—more "everyday" or more "sometimes"? (No guilt—just orientation.)

Sugar detective magnifying glass: common names in ingredient lists

- **Endings in "-ose" (often sugars):** glucose, fructose, dextrose, sucrose, maltose, lactose
- **Syrups & sweet blends:** glucose syrup, fructose syrup, corn syrup, rice syrup, invert sugar syrup
- **Concentrate & fruit syrups:** fruit juice concentrate, apple syrup, grape syrup
- **Classic names:** sugar, cane sugar, beet sugar, brown sugar, dextrose
- **Honey & friends:** honey, agave syrup, maple syrup

Important: "Sweet" can happen without "sugar"

Some products taste sweet even though "of which sugars" is low. That can be due to sweeteners or sugar alcohols. Examples: sweeteners (sucralose, acesulfame K, aspartame, stevia/steviol glycosides) and sugar alcohols (xylitol, erythritol, sorbitol, maltitol). This is not an alarm—just a clue: "sweetness comes from somewhere."

Naturally occurring sugar: not "bad", just good to know

In some foods, sugar occurs naturally even when nothing was "added"—for example in milk (lactose) or in fruit/fruit products (fructose). That's why "no added sugar" can appear on the packaging, but sugar still shows up in the nutrition facts.

Questions kids often love (for your detective chat):

- "Why do you think the manufacturer might have put that in?"
- "What do you think it tastes like—and why might that be?"
- "Is this more of an everyday snack or more of a sometimes snack?"
- "Which ingredient do you recognize right away—and which sounds like a riddle?"
- "Which alternative could we try on our next shopping trip?"

Tip: You don't have to judge anything perfectly. Reading and thinking together is the win.

Next step: Bring your 7 products to the live Q&A on Tuesday (or tell us about them).
If questions come up before then: feel free to post them in the WhatsApp group.