

Sweetie's Sweet Discovery

By Josephine A. Ann Aparte

Sweetie was excited. She was showing her mom a can of softdrink.

“Look here, Mom!” Sweetie said as she held up the can for her mom to see. “It says here no sugar. Does this soft drink really not contain sugar? But it tastes sweet.”

“It has artificial sweetener, Sweetie,” said Mom. “That is why it is sweet.”

“Artificial?” asked Sweetie, wondering. “Why do we have to use artificial sugar, Mom?”

“Well,” said Mom, “sugar is rich in calories. Calories provide energy. But too many calories make people gain weight. So, people who do not want to take in too many calories buy drinks or foods with artificial sweeteners. That is because artificial sweeteners are very low in calories.”



“But why is it called artificial?” asked Sweetie. “Does it not come from sugar?”

“No, Sweetie,” answered Mom. “Sugar comes from natural sources like sugar cane. Artificial sweeteners are chemicals. They are made in a laboratory.”

“That sounds scary, Mom,” said Sweetie. “Artificial sweetener sounds like it is not healthy.”

“Some scientists say artificial sweeteners cause health problems,” said Mom. “But others say these are safe. We cannot be sure if artificial sweeteners are safe or not.”

Sweetie slowly placed the can of soda on the table. “I think I will not drink that soda, Mom,” she said. “Just to be safe . . .”

“Oh, well,” Mom said, smiling, “you should not be drinking soda in the first place.” She took the can of soda and placed it back in the refrigerator. She took out a pitcher of orange juice instead. She poured some into a glass and handed it to Sweetie. “Soft drinks are not good for you. Try fruit juice.”

“Sure, Mom!” said Sweetie. 

Did you know that . . . ?

Artificial sweetener is so sweet that you need very little of it to give the same taste as sugar.

Sources

Sweeeet! The Skinny on Sugar Substitutes. www.sciencenewsforkids.org/articles/20080109/Feature1.asp

Dear Doc. www.childrenfirst.nhs.uk/kids/health/ask_doc/food_file/artificial_sweeteners.html

Artificial Sweetener May Disrupt Body’s Ability To Count Calories, According To New Study. www.sciencedaily.com/releases/2004/06/040630081825.htm#

SUGAR TEST

Here is a short but exciting experiment you can try out. To make this more fun, invite your friends to join you. But before you do it, try to answer this question: Do you think sugar is heavier than artificial sweeteners?

What you will need:

One can of regular soda

One can of diet soda

Tub/pail of water



What you will do:

Place the two cans of soda in a tub of water. What did you observe?

What happens:

What is your answer to the question above? If you answered yes, then you are right.

The can of regular soda sank, did it not? The can of diet soda, in contrast, floated on the water. This is because sugar is heavier than the sweeteners in the diet soda.

FRUIT JUICE FOR SWEETIE

Sweetie is asking the Sugar Fairy for some fruit juice. The Sugar Fairy said she will give Sweetie a glass of fruit juice only if she can answer a question. The question is . . .

It is sweet like sugar, but it does not come from sugar. What is it?



To find the answer to the Sugar Fairy’s question, you need to answer first the questions below. Write the letters of your answer inside the boxes. Each letter is equivalent to a number. Answer the Sugar Fairy’s question by writing the equivalent letter of the numbers that stand for the answer.

- Food component that provides energy but makes some people fat.

Answer:

1	2	3	4	5	6	7	8	

- It is a kind of drink that is bad for you.

Answer:

9	10	11	12	13	14	15	16	17	

- It is one natural source of sugar.

Answer:

18	19	20	21	22	23	24	25	26		

- Sugar tastes _ _ _ _ _.

Answer:

27	28	29	30	31

The answer to the question “It is sweet like sugar, but it does not come from sugar” is...

21	14	31	6	11	15	1	6	24	3	18	28	29	7	12	26	25	30	22	

Answers to Fruit Juice for Sweetie

1. calories
2. softdrink
3. sugar cane
4. sweet

artificial sweetener