



Hidden Sugar

Quizz and FAQ

1) Where is the table of nutrition facts on the food package?

2) Which sugar value is important to know - total sugar or added sugars?

3) Calculate:

a) the percentage of sugar **in 100 grams(or ml)** of

coca-cola

pasta

oat flakes

yogurt (2.8% milk fat)

ketchup

chips

popcorn

(*) The value may vary depending on the brand

b) the percentage of sugar **per single serving size** in these products: biscuits

gum

candy

(*)the value may vary depending on the kind

4) If your relative wants to drink coffee with one teaspoon of sugar, then:

4.1) How much cups of coffee will be safe to drink per day and eat something else with sugar, **for women?**

a) 3 cups of coffee and 20g dark chocolate (70%)

b) 3 cups of coffee and four custard cream biscuits

c) 3 cups of coffee and 30g milk chocolate



4.2) How much cups of coffee will be safe to drink per day and eat something else with sugar, **for men**?

- a) 3 cups of coffee and 60g dark chocolate (70%)
- b) 3 cups of coffee and 50g milk chocolate
- c) 3 cups of coffee, 15g white chocolate and two custard cream biscuits

5) Make a research about the daily amount of calories for teens girls and boys separately.

Girls

boys

6) What is the recommended percentage of total calories from sugar per day?

- a) is less than 10 percent of total calories per day
- b) is more than 10 percent of total calories per day
- c) is exactly 20 percent of total calories per day

Answers

1) Where is the table of nutrition facts on the food package?
in the back or on the side of the package.

2) Which sugar value is important to know - total sugar or added sugars?

Added sugars

3) Calculate:

a) the percentage of sugar **in 100 grams(or ml)** of

coca-cola $\frac{(100 \text{ ml}) - 0.106\%}{100}$

pasta $\frac{0.025\%}{100}$,

oat flakes $\frac{0.001\%}{100}$

yogurt (2.8% milk fat) $\frac{2.8\%}{100}$

ketchup $\frac{0.23^* \%}{100}$

chips $\frac{0.007\%}{100}$

popcorn $\frac{0.013^* \%}{100}$

(*) The value may vary depending on the brand)

b) the percentage of sugar **per single serving size** in these products: biscuits $\frac{0.0175\%}{100}$

gum $\frac{0.02\%}{100}$,

candy $\frac{0.056\%}{100}$

(the value may vary depending on the kind)

4) If your relative wants to drink coffee with one teaspoon of sugar, then:

4.1) How much cups of coffee will be safe to drink per day and eat something else with sugar, **for women**?

a) 3 cups of coffee and 20g dark chocolate (70%)



4.2) How much cups of coffee will be safe to drink per day and eat something else with sugar, **for men**?

c) 3 cups of coffee, 15g white chocolate and two custard cream biscuits

5) Make a research about the daily amount of calories for teens girls and boys separately.

Girls 2.200 calories per day,

boys 2.800 calories per day.

6) What is the recommended percentage of total calories from sugar per day?

a) *is less than 10 percent of total calories per day*