



Where Does Sugar Come From?

OBJECTIVE

Understand the **origin of sugar**, identify its **natural and industrial sources** and reflect on the impact of sugar consumption on health and daily food choices.

YOUR MISSION

Choose a **food or drink** that contains sugar and find out **where that sugar comes from**.

Step 1 - Identify the product

- Chosen product: _____
- Type: ☐ Drink ☐ Snack ☐ Dessert ☐ Other _____

Step 2 — Read the label

Check the list of ingredients and answer:

- Does the product have **added sugar**? ☐ Yes ☐ No
- What name appears on the label?
(e.g. sugar, sucrose, glucose, fructose, glucose-fructose syrup)

IDENTIFIED INGREDIENT(S):



Step 3 - Find the Source

Reflect on the origin of the sugar present in the product:

- Sugarcane
- Sugar beets
- Fruit (naturally occurring sugars)
- I don't know

WHERE DO YOU THINK THIS SUGAR COMES FROM? WHY?

Step 4 — "Natural" vs. Added Sugar

Answers:

- Does this product have natural **sugar**, **added sugar**, or **both**?
- What difference does that make to your health?

REFLECTION:



FINAL REFLECTION

It answers the following questions:

1. In which foods in your daily life does sugar appear in a less obvious way?

2. What can you do to reduce your consumption of **added sugar**?

FOODWISELAB TIP

Sugar can come from **sugar cane** or **sugar beets**, but it also appears naturally in foods such as **fruit** and **milk**. Reading labels helps you distinguish **natural sugars** from **added sugars**.