

# Sugar the Hidden Enemy

- With an increase in childhood obesity and tooth decay we need to be more aware about how much sugar we consume.
- We wanted to highlight this in our project.
- Hypothesis: people will be unaware of foods which have 'hidden' sugars.
- (secondary hypothesis – people will not be able to identify sugary drinks when given a blind taste test)

# How we carried out the investigation

Year group 7 8 9 10 11 12 13 STAFF

## Science Survey

Thank you for taking part in our survey about eating and drinking habits. It is anonymous and you do not have to answer any questions you do not feel comfortable with.

Please circle or delete answers as appropriate.

1. Do you consider yourself to have a sweet tooth? YES / NO

2. If you drink hot beverages how many sugars do you add?

0 1 2 3 4 more than 4 N/A

3. On a scale of 1 to 5 how healthy do you consider your average diet?

Unhealthy 1 2 3 4 5 Healthy

4. Please circle any foods or drinks you have consumed within the last week.

Fizzy drinks Cereal Tomato ketchup Fresh Fruit  
Sliced white bread Shop bought smoothie Tinned soup Cereal Bar  
Pasta Rice Brown sliced bread homemade smoothie  
Fresh vegetables Potatoes Chocolate Cake Biscuits

5. Please circle any food or drinks you think are high in sugar.

Fizzy drinks Cereal Tomato ketchup Fresh Fruit  
Sliced white bread Shop bought smoothie Tinned soup Cereal Bar  
Pasta Rice Brown sliced bread homemade smoothie  
Fresh vegetables Potatoes Chocolate Cake Biscuits

We carried out are investigation in two parts.

The first part was to get students from our school to fill in questionnaires about what they thought about sugar and asked personal and non-personal questions. We managed to ask some people all through years 7-13 and even some staff in our school. We asked these questions because they were questions we could lots of different answers on.

The second part was then on two separate days with different people for both days trying these flavours of coke: Classic, Zero and Diet. We gave everybody a bit of coke to try without telling them which one we had given them, we only told them a letter and then after got them to answer questions for the taste test, the questions were which drink you preferred and what ones contained the most sugar and we put it in tally form so it was easier to keep track of.

Which drink do you prefer?

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	STAFF
A								
B								
C								

Which drink or drinks contain sugar?

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13	STAFF
A								
B								
C								



# Taste test results

Group	Most preferred drink	Drink selected as containing sugar
Year 7	Coke Zero 47%	Coke Zero 45%
Year 8	Coke Zero 55%	50:50 split between Coke Zero and Diet Coke
Year 9	Coke 45%	Coke 40%
Year 10	Diet Coke 75%	Coke Zero 100%
Year 11	Coke 50%	Coke Zero 55%
Sixth Form	Coke Zero 60%	Coke 100%
Staff	Coke 70%	Coke 55%

# The Survey

- We asked a number of questions about different foods and drinks trying to gauge people's opinions to sugar.
- We found that:
- Most people are aware of the obviously foods that are high in sugar.
- Lower school students (years 7-9) did not recognise white bread, tomato ketchup or tinned soups as being high in sugar.
- Upper school and staff recognised nearly all the 'hidden sugars' apart from tinned soup.
- There was no real difference in the consumption of sugary foods and those with 'hidden' sugars between people who said they had a sweet tooth or not. (but we did not ask how frequently they ate the foods)
- People describing themselves as having a sweet tooth added 2 or more sugars to hot beverages.

# The Sugar Tax

- Students were asked if a can of fizzy drink was to increase to over £1 would you still buy it.
- Out of 134 people:
  - 14% said yes they would
  - 86% said no they would not

# Conclusions