



From Plant to Sugar: How Is Sugar Processed?

OBJECTIVE

Understand how **sugar** is processed from its vegetable origin to the final product, distinguishing less processed sugars from **more refined sugars**, and reflect on the impact of these choices on health.

YOUR MISSION

Choose a product that contains sugar and investigate how that sugar was processed.

Step 1 - Identify the product

- **Chosen product:** _____
(e.g. soda, biscuits, yoghurt, breakfast cereal)
- **Product Type:** ☐ Drink ☐ Snack ☐ Dessert ☐ Other

Step 2 — Read the label

Check the list of ingredients and tick:

- ☐ sugar
- ☐ sucrose
- ☐ Glucose
- ☐ Fructose
- ☐ glucose-fructose syrup
- ☐ Other:

Which name appears first on the list?



Step 3 – From Field to Sugar

Tick off what you think is part of sugar processing:

- ☐ Cultivation of sugar cane or sugar beet
- ☐ Juice extraction
- ☐ Purification
- ☐ Refining
- ☐ Crystallization
- ☐ Incorporation into the final product

Which of these steps make the sugar most different from the original plant? Why?

Step 4 – Degree of processing

Classifies the sugar present in the product:

- ☐ Poorly processed
- ☐ Moderately processed
- ☐ Highly processed

Justify your choice:



Impact on health

Reflect and answer:

- Is sugar present in **large quantities**?
- Is it a food that you could **consume less** often or in **smaller portions**?

REFLECTION:

FINAL REFLECTION

If you had to choose between a product **with added sugar** and another **without added sugar**, which would you choose more often and why?

FOODWISELAB TIP

Sugar goes through an intense **refining process**, losing its connection to the original food. On a daily basis, prioritizing **naturally sweet foods**, such as fruit, helps reduce the consumption of added sugar.