

You Be the Judge!

On this page are ingredient lists for 3 different drinks. Your job is to give each drink a score based on how healthy it seems. Use the checklist to guide you.



Ingredients: WATER, SUGAR, DEXTROSE, CITRIC ACID, NATURAL AND ARTIFICIAL FLAVOR, SALT, SODIUM CITRATE, MONOPOTASSIUM PHOSPHATE, MODIFIED FOOD STARCH, GLYCEROL ESTER OF ROSIN, BLUE 1

Rating ☆ ☆ ☆ ☆ ☆



Ingredients: WATER, HONEY, APPLE CIDER VINEGAR, GINGER, SALT

Rating ☆ ☆ ☆ ☆ ☆



Ingredients: CARBONATED WATER, HIGH FRUCTOSE CORN SYRUP, CARAMEL COLOR, PHOSPHORIC ACID, NATURAL FLAVORS, CAFFEINE.

Rating ☆ ☆ ☆ ☆ ☆

Checklist for Evaluating Drinks

- On food and drink packaging, ingredients are listed from greatest to least amount. What are the first few ingredients? Do they sound healthy?
- What kind of sweetener is used? (Whole-food sweeteners include honey, maple syrup, and molasses. Less healthful sweeteners include high fructose corn syrup, and aspartame.)
- Are there any artificial flavors or colors listed?
- Are there any ingredients you have never heard of?
- Are there any ingredients that sound like chemical names?

Drink #1 is blue sports drink. Drink #2 is switchel (recipe in *The Modern Pioneer Cookbook*). Drink #3 is cola.