

Comenius Project: Are you a CO ₂ nsumer?			Activity report 2011-2012		
Number of participants:		Organising School:			
Pupils	26	Alonso De Ercilla, Ocaña, España			O
Teachers & staff		Middenschool Sint-Pieter, Oostkamp, België			x
Other participants		Niepubliczne Gimnazjum A.J. Czartoryskiego, Pulawy, Poland			O
Type of activity				Date:	10/11/2011
staff meeting	O	meeting with parents	O	meeting with pupils	O
classroom activity	x	excursion, study visit,...	O	other	O
Participating class(es):	2a2 mw 2a3 mw		Teacher(s)		
Description of the activity:					

Are light product as healthy and light as the advertisements say?

The pupils watched a part of a TV programme about consumer rights. In Belgium there is a trend to buy healthy food. Some brands are putting light products on the market. They contain up to 33% less fat but they contain up to 40% more sugar the regular products.

Our pupils put 4 types of cola to the test.

In the science classroom they measured the exact mass and volume of cola cans.

When you put the cans into water classic cola and cola of house brands of supermarkets sink to the bottom because their density is higher than the density of water.

The reason for the amount of sugar.

Cola Zero and Cola Light are floating on the surface of the water. Those types of cola contain aspartame, an artificial sweetner with a dubious reputation.

Some tests say this substance causes cancer.

So what is the conclusion?

Physically speaking 'light' means 'not heavy', but people shouldn't confuse 'light' with 'healthy'. So consumers should be aware of this danger when they go shopping.



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