

Sugar everywhere – a sweet treat?

Too much of it, however, can sour our lives. What are the consequences, if we eat or drink too much sugar? How do I know what sugar is in in the first place? How do I know if I'm eating too much sugar?

We learn to check food for its sugar content and get to know some of the more than 60 sugars and sweeteners that we consume every day, mostly unknowingly.

Of course, we also get to taste it: Students bake a cereal bar and produce an individually sweetened iced tea.

Class size: Max. 25 children and 2 accompanying adults

Grade: From 5th to 7th

Duration: 3 hours

Flat rate: CHF 480.– (incl. admission)
For public schools in the city of Zürich, the costs of this workshop will be assumed by the Stadt Zürich Schulkultur.

Booking and consulting: Tue–Fri from 2–5pm via 044 422 76 60 or info@muehlerama.ch.

