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**Inclusion in Secondary School**

**2018-1-DE03-KA229-047219\_4**

**Iasi, Romania, the 12-19th of May 2019**

**Wednesday, the 15th of May 2019**

**Topic *: Healthy Food***

**Activity 4 - Healthy/Unhealthy Deserts**

**Argument**

People enjoy having a desert . As there is a very large offer, we should chose the healthiest one.

**Objective:**

To analyse and compare the content of sugar in different deserts and to chose the healthiest/unhealthiest desert.

**Procedure:**

1.Purchase 8 different deserts (biscuits, dark chocolate, milk chocolate, ice-cream, muffins, etc. ) that are approximatively the same size .

2.Calculate how much sugar is in each desert by studying the labels (4 grams is equal to 1 teaspoon).

3.Set up the deserts in order from lowest to highest sugar content.

4.Decide for yourself which deserts are healthy and which are unhealthy.