

# Sugar Sugar Everywhere

Below is a list of materials needed for the Sugar Sugar Everywhere project based unit. We have inserted the links to the exact item and where you can purchase them online knowing that many of these items are things you may already have in your classroom.

| Item                        | Quantity per Pack | Each Student/ Group Needs... | Notes   |
|-----------------------------|-------------------|------------------------------|---|
| Clear cups or glasses       | N/A               | 9-11 per group               | Each group will need 9 cups for the Comparing Kitchen Ingredients investigation, and 2 cups for the Science of Bread investigation. Sturdy cups can be cleaned and reused.  |
| Masking tape                | N/A               | 1                            | Each group will need masking tape to label their cups for the Comparing Kitchen Ingredients and Science of Bread investigations. Each student will need masking tape or glue for their Make a Poster activity. One roll of masking tape should be enough.<br>Dissolving + Yeast + Teeth |
| Marker or pen               | N/A               | 1 per group                  | Each group will need a pen or marker to label their cups for the Comparing Kitchen Ingredients and Science of Bread investigations. A marker will work best for writing on the balloons in the Science of Bread investigation.  |
| 1- teaspoon measuring spoon | N/A               | 1 per group                  | Each group will need a 1-teaspoon measuring spoon for the Comparing Kitchen Ingredients and Science of Bread investigations.  |
| Sugar                       | N/A               | 1                            | Each group will need 1 teaspoon of sugar for the Comparing Kitchen Ingredients and 6 teaspoons of sugar for the Science of Bread investigations.  |
| Salt                        | N/A               | 1                            | Each group will need 1 teaspoon of salt for the Comparing Kitchen Ingredients investigation.  |
| Cornstarch                  | N/A               | 1                            | Each group will need 1 teaspoon of cornstarch for the Comparing Kitchen Ingredients investigation.  |
| Flour                       | N/A               | 1                            | Each group will need 1 teaspoon of flour for the Comparing Kitchen Ingredients investigation.   |
| Baking soda                 | N/A               | 1                            | Each group will need 1 teaspoon of baking soda for the Comparing Kitchen Ingredients investigation.   |
| Baking powder               | N/A               | 1                            | Each group will need 1 teaspoon of baking powder for the Comparing Kitchen Ingredients investigation.   |

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| Vinegar                                | N/A | 1             | Each group will need 1 teaspoon of vinegar for the Comparing Kitchen Ingredients investigation. Each group will also need vinegar for the Sweet Tooth investigation. Each group will need enough water to cover the eggshell in the Sweet Tooth investigation. The exact amount will depend on the size of the cups. Plan for about ½ - 1 cup per group.                         |
| Vegetable oil                          | N/A | 1             | Each group will need 1 teaspoon of vegetable oil for the Comparing Kitchen Ingredients investigation.  |
| ½ cup measuring cup                    | N/A | 1 per group   | Each group will need a ½ cup measuring cup for the Comparing Kitchen Ingredients and Science of Bread investigations.  |
| Warm water                             | N/A | 1             | Each group will need about 5 cups of warm water for the Comparing Kitchen Ingredients investigation. Each group will need about 2 cups of water for the Science of Bread investigation. The water can be warm tap water, or water could be heated in a microwave or on a hot plate. A temperature of ~100 degrees Fahrenheit works well and will be safe for students to handle. |
| <a href="#">Digital scale</a>          | N/A | 1 per group   | Each group will need a digital scale for the Comparing Kitchen Ingredients and Science of Bread investigations. Look for a scale that measures up to at least 2kg/2000g in increments of 1g or 0.1g. If digital scales are not available for each group, the weight measurements can be done as a demonstration using one digital scale for the class.                           |
| Balloons                               | N/A | 2 per group   | Each group will need 2 balloons for the Science of Bread investigation. The balloons should be 12-inch round balloons or similar.  |
| Clear plastic bottles (16.9 oz)        | N/A | 2 per group   | Each group will need 2 16.9 oz plastic bottles for the Science of Bread investigation. The mouth of the plastic bottle should be small enough that a balloon can be attached to the mouth. Empty water or drink bottles will work well.  |
| Funnel                                 | N/A | 1 per group   | Each group will need a funnel for the Science of Bread investigation.  |
| Instant yeast packets                  | N/A | 2 per group   | Each group will need 2 packets of instant yeast for the Science of Bread investigation. Instead of using instant yeast packets, students can measure about 2 teaspoons of yeast out of a jar of instant yeast.   |
| Timer                                  | N/A | 1 per group   | Each group will need a timer for the Science of Bread investigation. If timers are not available for each group, a timer can be displayed for the whole class, or students can use their watches.  |
| Nutrition labels with ingredient lists | N/A | 3 per student | Each student will need three nutrition labels with ingredient lists for the Make a Poster activity. Nutrition labels and ingredient lists can be printed   |

|                           |     |                 |   |
|---------------------------|-----|-----------------|---|
|                           |     |                 | from the internet and provided for students, or students can bring in their own food labels.  |
| Poster board or cardboard | N/A | 1 per student   | Each student will need one piece of heavy paper or poster board for the Make a Poster activity. Students could also use a piece of cardboard.   |
| Scissors                  | N/A | 1 per student   | Each student will need a pair of scissors for the Make a Poster activity. Students can share.   |
| Coloring tools            | N/A | 1 set per group | Each student will need coloring tools for the Make a Poster activity. Any coloring tools (colored pencils, crayons, markers) will work for this project. Students can share.  |
| Water                     | N/A | 1               | Each group will need enough water to cover the eggshell in the Sweet Tooth investigation. The exact amount will depend on the size of the cups. Plan for about $\frac{1}{2}$ - 1 cup per group.   |
| Eggshell                  | N/A | 1               | Each group will need an eggshell from 1 egg for the Sweet Tooth investigation. The eggshell should be in two halves so students can observe the effects on large pieces of eggshell. Instead of eggshells, each group could use 2 whole hard-boiled eggs or 2 whole raw eggs. |
| Spoon                     | N/A | 1               | Each group will need an eggshell from 1 egg for the Sweet Tooth investigation. A plastic or metal spoon will work.  |