Test the glucose (sugar) content of different food & drinks

You will need:

- A pack of urine test strips (I got mine from amazon: https://amzn.eu/d/6XUq1MR)
- Water
- Lemon juice or a slice of lemon
- Fruit juice(s)
- Diet fizzy drink
- Non-diet fizzy drinks
- Milk of any variety
- A variety of slices of juicy fruit & veg, e.g., citrus fruit, cucumber, tomato, melon, pineapple etc…
- Other foods you want to test like spreads, sauces & dressings etc…(you might need to mix these with a little water to make them more liquidy)
- Pipette or shallow bowls/ramekins

Experiment:

For this experiment we will only be looking at the glucose section of the strip (usually it is the blue square on the bottom of the strip, refer to the test strip instructions to locate the correct square on your strips if they are a different brand to what I used).
It will be easiest to test liquidy / watery or juicy type food samples,

- Gather all the liquids and foods samples you want to test and lay them all out in front of you
- Use a new test strip for each liquid or food.
- You can either dip, pipette on, or touch the glucose square on the test strip onto the sample food or drink.
- Note down any colour changes of the glucose square and the number or symbol underneath that colour.
- Record these findings in your table
- Repeat for each liquid / food sample
- Can you see which ones are more or less sugary?

Results Table:

Sample	Colour change of glucose square?	Reading	Notes
e.g. Water			

Here’s a picture of the quick experiment I did at home to test it out:
I just used what I could find in my house; water, sweetened soya milk, banana, cucumber and cola.

