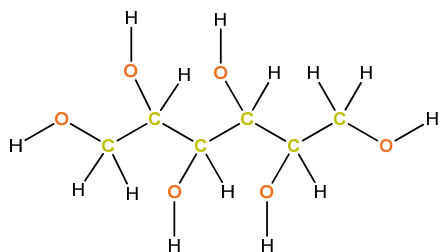


## Make a Molecule

What are we *REALLY* eating?



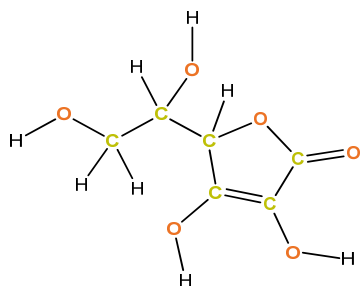
Our food is made up of different molecules. Build a molecule using fruits and sweets to represent atoms.



### Sorbitol

Found in: apples, peaches

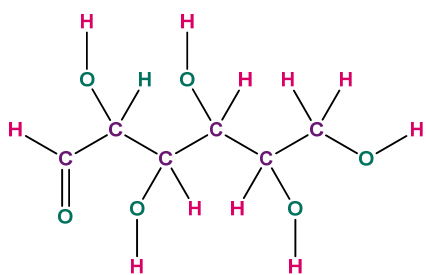
Fact: Sorbitol is a sweetener that is used as a substitute for sugar.



### Vitamin C

Found in: strawberries, oranges

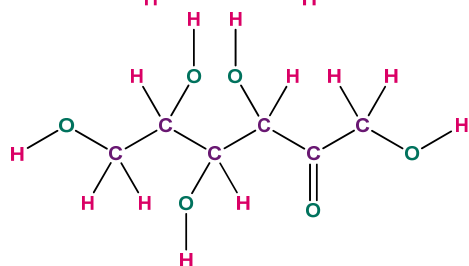
Fact: Vitamin C is an essential nutrient for a healthy diet.



### Glucose

Found in: sweets, fizzy drinks

Fact: Glucose is the main source of energy for the body and brain.



### Fructose

Found in: sweets, processed foods

Fact: Fructose is the sweetest type of natural sugar.

Take part in our **speed challenge** to make a molecule found in fruits *and* sweets as fast as you can.