

## The sweet truth about ice cream!

### Worksheet 1

1. Do you like ice cream ? What is your favourite flavor? Do you like it in a cone ? How many scoops do you normally order? Have a look at Ben and Jerry's website and see the many flavours of ice cream: <http://www.benjerry.com/flavors> .
2. Now go to <http://www.webmd.com/food-recipes/rm-quiz-ice-cream-facts> and do the ice-cream test. Are you surprised by any of what you have learnt?
3. Watch a short film how ice cream is made: <http://www.youtube.com/watch?v=Uh81EfrAZt4>
4. Unfortunately, apart from nutrients which are really healthy and good for our bodies, and natural flavours we also ingest additives like colourings and preservatives. Can you think of the reasons they are they added to our food? Do you think any of them are added to ice cream and candy ?  
Watch a film by Jamie Oliver, a British chef who wants to educate young people about the food they eat:  
<http://www.youtube.com/watch?v=vrSdPWV5Tjo&feature=kp>
5. In pairs create a new ice cream flavor that will be healthy, natural and delicious 😊

