

Kool Aid® Activity

Supplies:

- 2 packets of regular Kool Aid (any flavor, use same flavor for each pitcher)
- 2, 2-quart pitchers
- Cold water
- 6 packets of Sweet N Low
- 36 packets of Equal
- Spoon for stirring
- Cups for sampling: color coded



Stir each packet of Kool Aid with water in two separate 2-quart pitchers.

1. In one pitcher use 24 packets of aspartame to replace one cup of sugar. Label this sample "A".
2. In the other pitcher, use 12 packets of aspartame plus 6 packets of Sweet N Low (or other saccharine based sweetener) to replace the sugar. Label this sample "B".
3. Conduct a blind taste test with the participants to see if they can tell that the two sweeteners together produce a sweeter product than the one alone.
4. Using color coded cups helps to keep the tasting information in order. Or label the cups "sample A" and "sample B".
5. Discuss the differences in sweetness
 - a. ask which one they liked best
 - b. which one tasted sweeter
 - c. reveal your recipe for sweetening