

Chemicals in Soft Drinks

An activity of "Toxic waste threatens the world's largest freshwater lake"

Read "**Toxic waste threatens the world's largest freshwater lake**" (page 9, *What's Up* January 2022). Harmful chemicals affect the environment and have a negative impact on our health. Toxic waste disasters like what happened in Minamata or Love Canal are uncommon in Southeast Asia. However, this does not mean that we are completely safe from harmful chemicals.

Did you know that some everyday products may have trace amounts of harmful chemicals? Thankfully, Singapore has strict rules about the types and quantities of chemicals allowed in such products. If we consume too much of such products, however, it can affect our health. Let's take soft drinks as an example.

Your task is to come up with a mini poster educating others about the harmful chemicals found in many soft drinks.

1. Do some research online to help you answer the guiding questions below, in point form.

a) What are some harmful chemicals found in some canned soft drinks? Jot down a few examples.

b) Why are these chemicals harmful? Are there health consequences if we consume too much of these soft drinks?



2. Design your poster to fit an A4-size sheet of paper. Use these prompts to help you.

a) How would you visually represent these chemicals in soft drinks? What colours and drawing styles would you use?

b) What are some other images you can use in your poster? Why these images?

3. Sketch your poster on the other side of this activity sheet. Then, make the poster on a fresh sheet of paper. Share it with your class.

NOTE: Tiny amounts of chemicals allowed in, for example, packaged drinks are usually not harmful as long as we do not consume too much of the product. It is healthier to drink plain water.