**Sugar Absorption**

**Materials:**
- 2 Clear plastic cups
- Corn syrup
- Red food coloring (optional)
- 1 tbsp Flour
- 1 tbsp Sugar
- Timer

**Procedure:**
1. Fill both cups half full with corn syrup.
2. Add several drops of food coloring to create the illusion of blood.
3. Sprinkle flour into one of the cups and sugar into the other, forming a layer on top of the corn syrup.
4. Use the timer to determine the amount of time it takes for each ingredient to be absorbed by the corn syrup.

**The Science:**
Simple sugars, such as refined sugar, enter your bloodstream quickly, which causes your blood glucose(sugar) level to rise rapidly. Complex carbohydrates, such as flour, are slowly absorbed into the blood stream which helps maintain a more steady blood glucose level.

When you eat or drink a large amount of sugar, your body must work extremely hard to remove the sugar from your blood. This causes a “crash and burn” effect where you get a sudden burst of energy; however, the sugar high wears off quickly and then you feel tired all over again.

It is important to be conscious of your daily sugar intake. Too much sugar in your blood can lead to serious health problems such as diabetes. One easy preventative method is to limit soda and energy drinks; choose milk or water instead.