

What's in a 'fruit flavour' drink?



Write down some of the things on these labels that might make you think the products contain fruit juice

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The main clue is the word 'flavour'. What this usually means is 'contains no real fruit juice'. These products are mainly water, with just a few drops of flavouring (sometimes extracted from fruit) to give them a tangy taste. Often they also contain a lot of sugar to make them seem more fruity. Don't be fooled!



TIP: Watch out for the description 'flavour' on bottles and cartons. What it usually means is 'no real juice'.

