

Coca-Cola

Coca-Cola – often called “Coke” – was devised in the late 19th century and was originally sold as a medicine. This may sound strange today, but the original ingredients included cocaine, which was then considered a general tonic that made people feel better and is still used in hospitals today.

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Modern Coca-Cola no longer includes cocaine, of course. The formula for the modern drink is actually a tightly controlled secret and known only to a few people in the world. The Coca-Cola company itself does not, in fact, make the drink that you buy in a shop. It manufactures a thick syrup containing sugar, caffeine, colouring, and the secret flavours, which is then sold to bottling companies. Those companies add water and carbon dioxide – the “fizz” – and bottle the drink for sale.

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Like most bottled fizzy drinks, Coca-Cola contains a large amount of sugar – 52 grams in a regular-size bottle. This means that a single bottle of Coke contains 10% of the energy that a person should consume each day or the same as one and a half bowls of rice. In other words, drinking too much coke can make you fat!

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Coca-Cola was not originally intended to be a drink; what was it sold as?

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What do the bottling companies add to the Coca-Cola syrup?

How many bottles of Coca-Cola would contain all the energy you need to consume each day?