



Juice Visual Guide for Children

This guide gently explores what juice is, how it's made, and what might be added to it — like water, natural sugars, or extra ingredients.

With **soft colours**, **friendly visuals**, and **clear language**, each panel supports **emotional regulation**, **sensory understanding**, and **relational trust**.

If juice feels unfamiliar or tastes a little different sometimes, this guide is here to help things feel more manageable — **one calm panel at a time**.

Questions You Might Have

What is juice made from?

Juice is mostly made from fruit, with natural sugars and sometimes added water. Pure fruit juice contains the liquid extracted from fresh fruit.

Does juice contain sugar?

Yes, fruits contain natural sugars that make juice taste sweet. These are naturally occurring sugars from the fruit itself, not added sugar (unless specified on the label).

How can I tell if juice is 100% fruit?

Look for “100% fruit juice” on the label. If other ingredients are listed, it's a juice drink.

What's Inside Juice



A sensory-safe guide to how flavours, colours and ingredients work together.

Fruit First



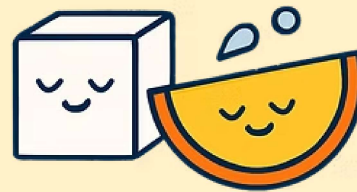
Juice is mostly made from fruit, with natural sugars & sometimes added water.

Water (Sometimes)



Some juices include extra water to make the flavour lighter & easier to drink.

Natural Sugars



Fruits contain natural sugars that make juice taste sweet.

Extra Helpers (Sometimes)



Some juices have extra vitamins or little helpers that make them last longer.

Juice or Juice Drink?



Not all drinks labelled "juice" are 100% fruit — some have other ingredients.