

Name: _____

Sugar Sleuth

Directions: What do you know about sugar? Circle the response that best completes each sentence or answers each question below.

1. High-fructose corn syrup is inexpensive for manufacturers to use because
 - a. corn is the top crop grown in the United States.
 - b. it is easier to make sugar from corn than from other foods.
 - c. corn syrup tastes sweeter than other sugar, so people want to buy more of it.

2. The suffix *-ose* in an ingredient list means
 - a. butter.
 - b. sugar.
 - c. syrup.

3. A person who consumes a healthy diet of 2,000 calories a day should try to limit sugar intake to
 - a. 8 teaspoons a day.
 - b. 10 teaspoons a day.
 - c. 12 teaspoons a day.

4. Processed foods tend to be foods that
 - a. don't come in a package.
 - b. you can buy in a box, bag, or bottle.
 - c. have multiple ingredients.

5. Whole foods include foods such as
 - a. white bread and soft drinks.
 - b. canned fruits and vegetables.
 - c. meat, eggs, and beans.

6. Which of the following has the most sugar?
 - a. fruited yogurt
 - b. vanilla yogurt
 - c. oatmeal cereal bar

Bonus: Name as many other words for sugar as you can.
