

1. On average, how many teaspoons of sugar do Americans eat each day?

- a) 12 teaspoons (about 1/4 cup)
- b) 22 teaspoons (about 1/2 cup)
- c) 32 teaspoons (about 3/4 cup)

5. Sugar can lead to obesity. How many adults in the United States are overweight or obese?

- a) One-third of American adults are obese or overweight.
- b) Two-thirds of American adults are obese or overweight.
- c) All American adults are obese or overweight.

9. Which food is better to snack on if you're hungry:

- a) Chips
- b) Salad

2. On average, how many teaspoons of sugar do children eat each day?

- a) 12 teaspoons (about 1/4 cup)
- b) 22 teaspoons (about 1/2 cup)
- c) 32 teaspoons (about 3/4 cup)

6. True or false: If a food label says "all-natural" on it, the food must be healthy to eat.

- a) True
- b) False

10. Where does our table sugar come from?

- a) Sugarcane
- b) Beets
- c) Potatoes
- d) Sugarcane and beets

3. Refined sugar can cause:

- a) Insomnia (a condition where you have trouble sleeping at night)
- b) Obesity
- c) Both insomnia and obesity

7. True or false: Sugar is bad for your body!

- a) True
- b) False

11. Does refined sugar contain any vitamins or minerals (nutrients that your body needs to work properly)?

- a) Yes
- b) No

4. How much sugar is in a 12-ounce can of Coca-Cola?

- a) 5 teaspoons
- b) 7 teaspoons
- c) 10 teaspoons

8. True or false: Sugar can help foods last longer by acting as a preservative.

- a) True
- b) False

12. True or false: Sugar can lead to tooth decay.

- a) True
- b) False



13. What can you do to keep your teeth strong and healthy?

- a) Brush your teeth twice a day
- b) Rinse your mouth with water after eating something sugary
- c) Floss your teeth twice a day
- d) All of the above

17. True or false: Natural sugars found in fresh fruits and vegetables are good for you!

- a) True
- b) False

21. Which country leads the world in sugar production (who makes the most)?

- a) United States
- b) Brazil
- c) China
- d) India

14. Sometimes we hear that eating sugar can make us hyper (energetic). What else can eating sugar make us feel?

- a) Irritable
- b) Tired
- c) Energized

18. True or False: There are different types of sugars, such as natural sugars and refined sugars.

- a) True
- b) False

22. Can sugar be addictive?

- a) Yes
- b) No

- d) Jumpy and excited
- e) All of the above

15. Which is healthier to put into your body?

- a) One apple
- b) One cup of apple juice

19. High-fructose corn syrup is a sweetener commonly used in sodas and fruit-flavored drinks. Where does high-fructose corn syrup come from?

- a) High-fructose corn syrup trees
- b) Sugarcane
- c) Cornstarch

23. True or false: Sugar only adds sweetness to food...

- a) True
- b) False

16. True or false: There are more advantages to eating a whole fruit than to drinking one cup of fruit juice.

- a) True
- b) False

20. What is one reason that high-fructose corn syrup is found in so many foods and drinks?

- a) Because it tastes better than sugar
- b) Because it looks better than sugar
- c) Because it is cheaper to make than sugar

24. True or false: There is more than one type of sugar...

- a) True
- b) False



25. True or false: Your body reacts to all the sugars (sucrose, fructose, glucose, and lactose) in the same way...

- a) True
- b) False

QUESTION 29

QUESTION 26

QUESTION 30

QUESTION 27

QUESTION 28

