

SUGAR!

1. What are three facts from this worksheet (media graphic) that you can relate to:
 - a.
 - b.
 - c.

2. Next write me a paragraph (5 sentences) BELOW about your sugar intake ...
 - a. How often do you indulge in sugar?
 - b. Do you eat lots of food that may have sugar in it that you would consider healthy, example: salad dressing or packaged granola bars.
 - c. Do you drink a lot of soft drinks or energy drinks
 - d. Do you eat a lot of “light” foods where there is less fat but more sugar.
 - e. Think about what you eat in a day and break this down in the paragraph entry – is there a lot of sugar in your diet?