

# You are sweet enough!

The average American eats about 22 teaspoons of added sugar every day. This adds up to over 70 pounds of sugar a year!

Eating more sugar leads to weight gain and obesity. This can cause serious health problems such as heart disease and diabetes.

Eating too much sugar makes it harder for your white blood cells to kill germs. That means that eating too much

added sugar can lead to getting sick more often.

A lot of the added sugar people consume can be found in sweetened drinks.

Count how many teaspoons of sugar each of these drinks contain.

### SUGAR SMART

**PARENTS:** New government guidelines say that no more than 10% of our daily calories should come from added sugar. For kids that is less than about 10 teaspoons per day.

The American Heart Association recommends a maximum of 3 teaspoons (12 grams) of added sugar per day for kids.

Use Nutrition Facts labels to track the amount of sugar your kids are consuming. Note: food labels do not distinguish between **natural** and **added** sugar.

### Exercise Story

Have a parent or friend read this story aloud. Each time one of the fruits below is mentioned, do that motion for 30 seconds. Then, trade places as you read the story aloud.

- = hopping in place
- = stand on one foot
- = jumping jacks
- = run in place
- = sit ups
- = somersault
- = touch your toes

Mr. Citrus' food truck was very popular. The truck was designed to look like a giant orange and each day he'd drive to business parks at lunch time. People would buy fresh watermelon slices, bunches of grapes, apples and more.

One day, Mr. Citrus parked on a steep hill. When he opened the truck's customer window, fruit began rolling off the counter and down the hill.

Strawberry after strawberry rolled alongside oranges and apples. Luckily, Mr. Citrus was able to catch a large box of grapes before it also tumbled away.

The rolling fruit picked up incredible speed. At the bottom of the hill sat Officer Stan, enjoying a slice of watermelon at the park.

Suddenly, poor Stan was pelted with strawberries, lemons, apples and oranges, knocking him off the park bench.

As he wiped smashed apple bits off his uniform, he called his sergeant on his radio.

"You're not going to believe this, Sgt. Pear, but I was just attacked by an escaped fruit salad!"

**Standards Link:** Physical Education: Use a variety of basic and advanced movement forms.

# Be a sugar detective!

Did you know that some brands of canned tomato soup have 20 grams of sugar? That's as much as two doughnuts!

Always read the Nutrition Facts labels before taking a bite or sip.

Look at these examples. Which food has the most sugar per serving?

Which had more sugar than you thought?

<b>Total Fat</b> 16g <b>24%</b>	<b>Total Fat</b> 0.5g <b>1%</b>	<b>Total Fat</b> 1g <b>25%*</b>
<b>Cholesterol</b> 0mg <b>0%</b>	<b>Cholesterol</b> 0mg <b>0%</b>	<b>Cholesterol</b> 0mg <b>1%*</b>
<b>Sodium</b> 135mg <b>6%</b>	<b>Sodium</b> 480mg <b>20%</b>	<b>Sodium</b> 720mg <b>37%*</b>
Sugar 3g	Sugar 12g	Sugar 6g * as prepared
<b>Total Fat</b> 4g <b>6%</b>	<b>Total Fat</b> 0g <b>0%</b>	<b>Total Fat</b> 9g <b>14%</b>
<b>Cholesterol</b> 15mg <b>5%</b>	<b>Cholesterol</b> 0mg <b>0%</b>	<b>Cholesterol</b> 0mg <b>0%</b>
<b>Sodium</b> 105mg <b>4%</b>	<b>Sodium</b> 45mg <b>2%</b>	<b>Sodium</b> 250mg <b>10%</b>
Sugar 22g	Sugar 39g	Sugar 2g

Extra! Extra!

### Sugar Adjectives

Look through the newspaper for 10 words that describe sugar. Write them here:

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**Standards Link:** Reading Comprehension: Follow written directions.

### Kid Scoop Puzzler

#### SECRET SUGAR CODE

Did you know that there are more than 50 names for sugar that can be found on food labels? Use the Secret Sugar Code at right to reveal some of the most common.

24 = A	16 = I	8 = R
23 = B	15 = J	7 = S
22 = C	14 = K	6 = T
21 = D	13 = L	5 = U
20 = E	12 = M	4 = V
19 = F	11 = N	3 = X
18 = G	10 = O	2 = Y
17 = H	9 = P	1 = Z

7 5 22 8 10 7 20 21 20 3 6 8 10 7 20

17 16 18 17 19 8 5 22 6 10 7 20

22 10 8 11 7 2 8 5 9

12 24 13 6 10 7 20 18 24 13 24 22 6 10 7 20

22 24 11 20 15 5 16 22 20 21 20 3 6 8 16 11

### Double Double Word Search

- DETECTIVE
- DOUGHNUTS
- SWEETENED
- MAXIMUM
- AVERAGE
- TOMATO
- LABELS
- SUGAR
- HEART
- GERMS
- BLOOD
- SYRUP
- CELLS
- SOUP
- SICK

Find the words in the puzzle. Then look for each word in this week's Kid Scoop stories and activities.

D	D	C	S	M	R	E	G	D	D
E	S	E	R	B	L	O	O	D	M
N	Y	L	T	A	H	U	K	E	A
E	R	L	E	E	G	T	C	G	X
T	U	S	A	H	C	U	I	A	I
E	P	R	N	P	E	T	S	R	M
E	T	U	C	T	U	I	I	E	U
W	T	O	M	A	T	O	V	V	M
S	L	E	B	A	L	E	S	A	E

**Standards Link:** Letter sequencing. Recognized identical words. Skim and scan reading. Recall spelling patterns.

### FROM THE Kid Scoop LESSON LIBRARY

#### Round It Out

Clip five money amounts out of the newspaper and glue them to a sheet of paper. Next to each number, write the number rounded to the nearest dollar. Write a sentence explaining why it is useful to round to the nearest dollar.

**Standards Link:** Math: Round money amounts.

### Why did the little kid put sugar under his pillow?



ANSWER: So he could have sweet dreams.

### Write On!

#### Alliterations

Write a sentence in which all or nearly all of the words start with the same letter. Example: Sarah's six sisters sucked sugary sweets.