

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?

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

Extra! Extra!

Sugar Adjectives

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

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.

Kid Scoop VOCABULARY BUILDERS

This week's word: **CONSUME**

The verb **consume** means to eat, drink or buy something.

Kids should not **consume** more than three teaspoons of added sugar daily.

Try to use the word **consume** in a sentence today when talking with your friends and family members.

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.*