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)

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)

3. Refined sugar can cause:
   a) Insomnia (a condition where you have trouble sleeping at night)
   b) Obesity
   c) Both insomnia and obesity

4. How much sugar is in a 12-ounce can of Coca-Cola?
   a) 5 teaspoons
   b) 7 teaspoons
   c) 10 teaspoons

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.

6. True or false: If a food label says “all-natural” on it, the food must be healthy to eat.
   a) True
   b) False

7. True or false: Sugar is bad for your body!
   a) True
   b) False

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

9. Which food is better to snack on if you’re hungry:
   a) Chips
   b) Salad

10. Where does our table sugar come from?
    a) Sugarcane
    b) Beets
    c) Potatoes
    d) Sugarcane and beets

11. Does refined sugar contain any vitamins or minerals (nutrients that your body needs to work properly)?
    a) Yes
    b) No

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

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
   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

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

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

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

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

21. Which country leads the world in sugar production (who makes the most)?
   a) United States
   b) Brazil
   c) China
   d) India

22. Can sugar be addictive?
   a) Yes
   b) No

23. True or false: Sugar only adds sweetness to food...
   a) True
   b) False

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