

**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

