

'The Sweet Truth'



Instructions: Listen and read along as the questions are read.

1. Identify TWO foods mentioned in the passage that are filled with sugar.

2. Based on information in the passage, state TWO ways that sugar can affect a student's performance in school.

3. Read the sentence from the passage. 'The brain begins to crave more sugar.'

Select the box next to the correct letter. Which word below has the same meaning as the word 'crave' as it is used in the statement?

- A. desire
- B. identify
- C. produce
- D. reject

4. Based on the information outlined in the passage, which statement below implies that there are some sugars that are good for you?

- A. Eating sugar makes a person feel good
- B. Scientists studied the effects of bad sugars on the brain.
- C. We should have one dessert a day.

5. Write TWO effects on the table to show the cause and effect relationship that happens as a direct result of overeating.

CAUSE	EFFECT
Overeating	a. _____
	b. _____

6. According to information given in the passage, what is a healthy choice that can be used instead of soda?

7. Select the letter next to the correct answer. To what is eating too much sugar compared to in the passage?

- A. an alcohol addiction
- B. a sugar addiction
- C. a drug addiction
- D. a weight addiction

