Write U for uncountable and C for countable next to each noun.

As well as giving us energy _____, sugar _____ in our diet makes our food _____taste better. Sometimes we add sugar to our breakfast cereals _____. Sugar is also used in biscuits _____, ice cream _____, chocolate _____ and many other things _____ we eat. It is also in fruit _____ and vegetables _____ and even in a glass of milk_____!

LIVEWORKSHEETS