

Pre/Post-Test Questions: Sugar Lesson

1. Which drink does not have added sugar?
 - a. Juice
 - b. Water
 - c. Lemonade
 - d. Strawberry milk

2. What is another name for sugar that might be in an ingredient list?
 - a. Fiber
 - b. Fat
 - c. High fructose corn syrup
 - d. Oil

3. Why is it important to read the nutrition facts label on your food?
 - a. It keeps you from getting bored while eating.
 - b. It tells you how much fat and sugar are in that food.
 - c. It tells you how much it costs.