

LEVELED BOOK • J

Sugar, Sugar, Everywhere

**Multi
level
J•M•P**

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Focus Question

What happens to our bodies
when we eat sugar?

Words to Know

glucose

homemade

ingredients

naturally

strain

sugary

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Correlation	
LEVEL J	
Fountas & Pinnell	J
Reading Recovery	17
DRA	18



Table of Contents

Introduction 4

What Is Sugar? 5

Hiding in Plain Sight 7

Too Much Can Be Too Bad 10

Searching Out the Sweet Stuff . . . 12

Glossary 16

Introduction

Do you have a sweet tooth?
If you do, you are not alone.
Most people love **sugary** treats
like cookies and cake.
Sugar is in other foods, too.



Sugar makes food taste sweet.

What Is Sugar?

Did you know sugar is in milk?

Sugar is also in plant foods.

Fruits have sugar.

Vegetables have sugar, too.

The white stuff in your sugar bowl is table sugar.

Table sugar comes from a tall grass called *sugar cane*.

It also comes from sugar beets.



A worker cuts sugar cane (left). A farmer holds a sugar beet (right).



Fruits and vegetables have sugar.

When we eat food sugars,
our body breaks them down.
They are changed into a
simple sugar called **glucose**.
Glucose goes into our blood.
It is a source of energy for
the body.



Sugar can be found in foods you might not expect.

Hiding in Plain Sight

The body can get all the glucose it needs from **naturally** sweet foods. Many store foods, though, have extra sugar.

Pasta sauce and ketchup often have added sugar.

Tomatoes can taste bitter when they are cooked.

Sugar is added to get rid of the bad taste.

Many low-fat foods have sugar.

Oils and fats give food flavor.

Without them, the food doesn't taste as good.

Sugar is added to make these foods tasty.





Many cereals have lots of added sugar.

Breakfast cereal has sugar, too.
Many cereals have sugary treats added.
Even cereals with plain flakes may have added sugar.

How much sugar is in your breakfast cereal?	
1 cup	Grams of sugar
Shredded Wheat	0g
Toasted Oats	1g
Corn Flakes	2g
Crisp Rice	3g
Raisin Bran	18g



Eating too much sugar can lead to problems.

Too Much Can Be Too Bad

If sugar gives us energy, how can too much sugar be bad?

The body cannot just get rid of sugar it does not use.

Instead, it changes the sugar to fat. The fat is stored for later.

A body that has too much fat
can have problems.

The heart must work harder
to pump blood.

Muscles and bones **strain** to move
extra weight.

Too much glucose in the blood
can be bad, too.

It can make it hard for some parts
of the body to work right.

Do You Know?

Sweet drinks have lots of added sugar. Fizzy soda pop
and flavored juices make up almost half of the added sugar
that people eat and drink.



Searching Out the Sweet Stuff

People can avoid problems
by not eating added sugar.
They can eat more natural food.
Sweet fruits have no added sugars.



Fruits are sweet snacks that are good for you.



People can make healthy meals at home.

They can eat more **homemade** meals.
Cooking at home lets them control
what goes into food they eat.

People can read food labels. Most labels have a list of **ingredients**.

The ingredients are listed in order by the amount in the food.

If sugar is near the top of the list, the food has a lot of it.

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, RICE FLOUR, PARTIALLY HYDROGENATED SOYBEAN OIL, FRUCTOSE, MALTODEXTRIN, DEXTROSE, SALT, TRICALCIUM PHOSPHATE, CINNAMON, SOY LECITHIN, TRISODIUM PHOSPHATE, ANNATTO (FOR COLOR), CARAMEL COLOR, NATURAL FLAVOR, VITAMIN C (SODIUM ASCORBATE), NIACIN (NIACINAMIDE), REDUCED IRON, ZINC (ZINC OXIDE), VITAMIN A PALMITATE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN D, VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN B12, FOLATE (FOLIC ACID), NONFAT MILK. BHT (TO PRESERVE FRESHNESS).

CONTAINS: WHEAT, MILK AND SOYBEAN INGREDIENTS.

This food has sugar as one of its main ingredients.



A little bit of sugar goes a long way!

Sugar helps keep our bodies going.
Too much sugar, though,
can slow us down.

It's important to pay attention
to what we eat.

Sugar can be almost anywhere!

Glossary

glucose (<i>n.</i>)	a simple sugar that is a major energy source for the body (p. 6)
homemade (<i>adj.</i>)	made at home instead of in a store or factory (p. 13)
ingredients (<i>n.</i>)	food items that go into a dish or recipe (p. 14)
naturally (<i>adv.</i>)	as occurring in nature, without anything added or changed (p. 7)
strain (<i>v.</i>)	to make a great effort or go beyond one's ability; to push or pull hard against something (p. 11)
sugary (<i>adj.</i>)	tasting or looking like sugar; very sweet (p. 4)

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A Reading A-Z Level J Leveled Book
Word Count: 394

Connections

Writing

Plan a meal with healthy food. Write a paragraph describing what food you will serve and why it is healthy.

Math

What kinds of healthy snacks do your classmates like? Make a list. Then organize the data in a bar graph.



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