

Quick Check

Sugar, Sugar, Everywhere

Name _____ Date _____

Instructions: Read each question carefully and choose the best answer.

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|---|--|
| <p>1. Which of the following is an opinion about sugar?</p> <ul style="list-style-type: none"> Ⓐ Sugar can be found in breakfast cereals and ketchup. Ⓑ Table sugar comes from a tall grass called sugar cane. Ⓒ Sugar is a natural ingredient in plant foods and milk. Ⓓ Sugar tastes delicious in cupcakes and cookies. <p>2. How are breakfast cereals and donuts alike?</p> <ul style="list-style-type: none"> Ⓐ They are both called baked goods. Ⓑ They both are made from fruit. Ⓒ They both contain added sugar. Ⓓ They are both healthy for you. | <p>3. What is the main idea of this book?</p> <ul style="list-style-type: none"> Ⓐ Sugar can be found in many different foods. Ⓑ Sugar can be found only in cakes and cookies. Ⓒ Sugar is the most important food group to eat. Ⓓ Sugar is added to low-fat foods to give them flavor. <p>4. Which of the following is the reason the author wrote this book?</p> <ul style="list-style-type: none"> Ⓐ to inform readers about the dangers of excess sugar Ⓑ to entertain readers with a story about eating sugar Ⓒ to persuade readers to look for sugary treats in stores Ⓓ to teach readers how to make tasty foods without sugar |
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5. What is **fructose**?
 - Ⓐ a very sweet sugar found in fruits
 - Ⓑ a sugar found in milk
 - Ⓒ a sugar found in sugar cane
 - Ⓓ a simple sugar that gives the body energy
6. What happens if we eat too much sugar?
 - Ⓐ We can lose weight and grow thin.
 - Ⓑ We can gain weight and strain our muscles.
 - Ⓒ We can never eat too much sugar.
 - Ⓓ We can get rid of the extra sugar easily.
7. Which of these statements is a fact?
 - Ⓐ One way to limit sugar is to avoid drinking soda pop.
 - Ⓑ The only way to limit sugar is by reading labels.
 - Ⓒ The best way to limit sugar is by eating more cake.
 - Ⓓ There is no reason for anyone to limit eating sugar.
8. What are the possible results of eating less sugar?
 - Ⓐ gaining weight and straining bones
 - Ⓑ having too much fat stored in the body
 - Ⓒ causing the heart to work harder
 - Ⓓ losing weight and feeling healthier
9. What happens in our body before glucose can give us energy?
 - Ⓐ Extra glucose is stored as fat to be used later.
 - Ⓑ Glucose supplies energy to keep our body working.
 - Ⓒ The blood carries glucose to all parts of the body.
 - Ⓓ Milk and plant sugars are broken down into glucose.

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10. What is *diabetes*?

- Ⓐ the flow of blood that moves through the body of an animal or person
- Ⓑ a sugar found in sugar cane and sugar beets, often used in cooking and baking
- Ⓒ a disease in which the body cannot properly control the amount of sugar in the blood
- Ⓓ having power over someone or something

11. Extended Response: What suggestions could you give your family about controlling how much sugar they eat?

Quick Check Answer Sheet

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Main Comprehension Skill: Fact or Opinion

1. Ⓓ *Fact or Opinion*
2. Ⓒ *Compare and Contrast*
3. Ⓐ *Main Idea and Details*
4. Ⓐ *Author's Purpose*
5. Ⓐ *Vocabulary*
6. Ⓑ *Cause and Effect*
7. Ⓐ *Fact or Opinion*
8. Ⓓ *Make Inferences / Draw Conclusions*
9. Ⓓ *Sequence Events*
10. Ⓒ *Vocabulary*
11. Answers will vary but should include recommendations based on the information provided in this book (*avoid soda pop, eat more fruits and vegetables, and so on*).