

Quick Check

Sugar, Sugar, Everywhere

Name _____ Date _____

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

- | | |
|---|--|
| <p>1. Which of these statements is a fact?</p> <ul style="list-style-type: none"> Ⓐ 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 fruit. Ⓓ There is no reason for anyone to limit eating sugar. <p>2. What happens in our body before glucose can give us energy?</p> <ul style="list-style-type: none"> Ⓐ 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. | <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. What happens if we eat too much sugar?</p> <ul style="list-style-type: none"> Ⓐ 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. |
|---|--|

Quick Check continued on following page

Name _____ Date _____

5. What is **glucose**?

- Ⓐ a simple sugar that is a source of energy for the body
- Ⓑ a food item that goes into a dish or recipe
- Ⓒ the power to do work, make a change, or move an object
- Ⓓ the person, place, or thing from which something comes

6. Which of the following is the reason the author wrote this book?

- Ⓐ to inform readers about the dangers of too much 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

7. Which of the following is an opinion about sugar?

- Ⓐ 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.
- Ⓓ Lots of sugar makes cupcakes and cookies taste delicious.

8. What are the possible results of eating less sugar?

- Ⓐ gaining weight and straining bones
- Ⓑ having excess fat stored in the body
- Ⓒ causing the heart to work harder
- Ⓓ losing weight and feeling healthier

Quick Check continued on following page

Name _____ Date _____

9. How are breakfast cereals and donuts alike?
 - Ⓐ They are both called baked goods.
 - Ⓑ They both contain fruit.
 - Ⓒ They both contain added sugar.
 - Ⓓ They are both healthy for you.
10. What does it mean when something is **prepared**?
 - Ⓐ It is ready for use.
 - Ⓑ It is made at home.
 - Ⓒ It is lacking flavor.
 - Ⓓ It is ordinary, not special.
11. **Extended Response:** What suggestions could you give your family about controlling how much sugar they eat?

Quick Check Answer Sheet

Sugar, Sugar, Everywhere

Main Comprehension Skill: Fact or Opinion

1. Ⓐ *Fact or Opinion*
2. Ⓓ *Sequence Events*
3. Ⓐ *Main Idea and Details*
4. Ⓑ *Cause and Effect*
5. Ⓐ *Vocabulary*
6. Ⓐ *Author's Purpose*
7. Ⓓ *Fact or Opinion*
8. Ⓓ *Make Inferences / Draw Conclusions*
9. Ⓒ *Compare and Contrast*
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*).