LEVELED BOOK . J

# Sugar, Sugar, Everywhere



Written by Susan Lennox

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### **Focus Question**

What happens to our bodies when we eat sugar?



# **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

#### **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.





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.

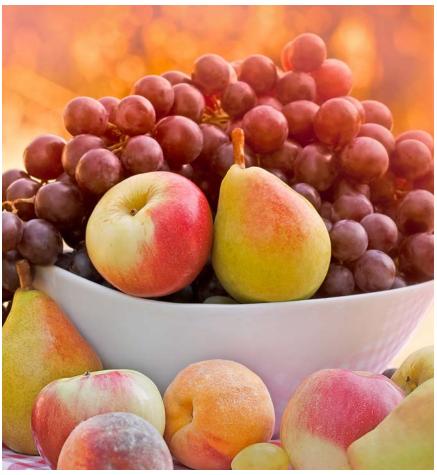
#### Do You Know?

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, BCE 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** (n.) a simple sugar that

is a major energy source for the body

(p. 6)

homemade (adj.) made at home instead

of in a store or factory (p. 13)

**ingredients** (n.) food items that go into

a dish or recipe (p. 14)

**naturally** (adv.) as occurring in nature,

without anything added or changed

(p. 7)

**strain** (v.) to make a great effort

or go beyond one's

ability; to push or

pull hard against

something (p. 11)

**sugary** (adj.) tasting or looking

like sugar; very sweet

(p. 4)

#### **Words to Know**

glucose naturally

homemade strain

ingredients sugary

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#### Correlation

LEVEL J	
Fountas & Pinnell	J
Reading Recovery	17
DRA	18

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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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Grade 1 Book 63