

Quick Check

Sugar, Sugar, Everywhere

Name _____ Date _____

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

1. 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.
2. What happens to food sugars in our body after we eat them?
 - Ⓐ They are changed into low-fat foods.
 - Ⓑ They are changed into sugar cane.
 - Ⓒ They are changed into glucose.
3. What is the main idea of this book?
 - Ⓐ 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.
4. What happens if we eat too much sugar?
 - Ⓐ We can lose weight and feel healthy.
 - Ⓑ We can gain weight and strain our muscles.
 - Ⓒ We can never eat too much sugar.
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
6. **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. Ⓒ *Sequence Events*
3. Ⓐ *Main Idea and Details*
4. Ⓑ *Cause and Effect*
5. Ⓐ *Vocabulary*
6. 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*).