

Name _____

Instructions: Before reading, write what you already know and what you want to know about the topic. During or after reading, write what you learned. After reading, write what you still want to know about the topic.

K: What I Know

W: What I Want to Know

L: What I Learned

S: What I Still Want to Know

Sugar, Sugar, Everywhere • Level P • 1

Skill: KWLS / Ask and Answer Questions



Name _____

Instructions: Read each sentence. On the line after each sentence, write an *O* if the statement is an opinion and write an *F* if it is a fact.

- ① Sugar is a natural ingredient in plant foods and milk. _____
- ② Table sugar comes from sugar cane or sugar beets. _____
- ③ Our bodies want sugar because it is a good source of energy. _____
- ④ People don't like to eat foods without added sugar. _____
- ⑤ Eating too much sugar can lead to health problems, such as diabetes. _____
- ⑥ Eating food in a restaurant tastes better than eating food at home. _____
- ⑦ Sweet fruits have no added sugars. _____
- ⑧ Sugar can be almost anywhere! _____
- ⑨ Reading labels is one way to help limit how much sugar you eat. _____
- ⑩ A fruit smoothie can have as much sugar as a soda pop. _____

Name _____

Instructions: Choose a synonym and an antonym for each word from the box. Put a check mark by each word after you check your answers in a thesaurus.

dreadful	outgoing	common	rare	delicate
hard	swell	quiet	decrease	wonderful

Synonym	Word	Antonym	Thesaurus
	awful		
	shy		
	shrink		
	tough		
	unique		