



Let's Talk About

SUGAR

By Lindsay Snea





Let's Talk About **SUGAR**



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By Lindsay Snea
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School-to-Home Support for Caregivers and Teachers

This book helps children grow by letting them practice reading. Here are a few guiding questions to help the reader with building his or her comprehension skills. Possible answers appear here in red.

Before Reading:

- What do I think this book is about?
 - *I think this book is about food.*
 - *I think this book is about sugar.*
- What do I want to learn about sugar?
 - *I want to learn which sugars are better to eat.*
 - *I want to learn what foods contain sugar.*

During Reading:

- I wonder why...
 - *I wonder why sodas and candy have added sugar.*
 - *I wonder why eating too much added sugar can make us sick over time.*
- What have I learned so far?
 - *I have learned that natural sugars are found in fruits and vegetables.*
 - *I have learned that some foods have sugars added to them.*

After Reading:

- What details did I learn about sugar?
 - *I have learned that we should brush our teeth one hour after eating a sugary snack.*
 - *I have learned that it is important to make healthy choices about the sugars we eat.*
- Read the book again and look for the vocabulary words.
 - *I see the word **carbohydrate** on page 3, and the word **nutrients** on page 8. The other glossary words are found on pages 22 and 23.*

Let's Talk About SUGAR



Sugar is a **carbohydrate** found in many foods and drinks.



Carbohydrates
give your body
energy to play, to
learn, and to grow.



A collage of various natural sugar sources. In the top left, a wooden bowl is filled with dark brown sugar. To its right, there are several light brown sugar cubes and a bunch of fresh green leafy vegetables. At the bottom, a whole red mango with a green leaf is shown next to a pile of cubed yellow mango. Another sugar cube is visible to the right of the mango. The entire composition is set against a white background with a faint, repeating pattern of stylized sugar cubes and leaves.

Foods that have
natural sugars
include fruits,
vegetables, and
dairy products
such as milk.



Foods with natural sugars also have **vitamins** and other important **nutrients** that keep your body healthy.

