

Name _____

Find the Sugar



Part I: Word Find

Figure 7.1 lists various names for sugar. Find each of these words in the puzzle. Words may appear forward, backward, diagonally, horizontally, and vertically.

S S R E O Y G S R M R O E G E U R A T
 S V Y S S O D R S R E S H O N E Y T G
 C P X O U O U O N P E R A X U G U M H
 S U C T O O C Y E S A E S L S S O A A
 A R U C P G O A E G S E R M L T O E M
 O Y O U M R O A U O U U E A R S N O F
 L S C R H H R S R G R G S L U L S E T
 R N N F S E O C N S D U H T N N G X O
 O R G E N O U S C T E N P O E O O S C
 A O S T E S U O M M S O O S C G D E E
 S C O O O E O M O L A S S E S C S S E
 E U U U A S O S T R E E G O O R U L E
 E R O O M R E U S E R E M N L E U U R
 T C T G L U C O S E O F C N R U G A S
 A O E R R S E S O R T X E D N P Y S E
 E R O U L D A P Y U O T A A R C C U O

Find these words for sugar in the puzzle:

Fructose	Dextrose	Sugar
Corn syrup	Honey	Maltose
Glucose	Sucrose	Molasses

► FIGURE 7.1 Find the Sugar puzzle.

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

(continued)

Find the Sugar



Part I: Word Find

Figure 7.2 lists various names for sugar. Find each of these words in the puzzle. Words may appear forward, backward, diagonally, horizontally, and vertically.

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S S R E O Y G S R M R O E G E U R A T
S V Y S S O D R S R E S H O N E Y T G
C P X O U O U O N P E R A X U G U M H
S U C T O O C Y E S A E S L S S O A A
A R U C P G O A E G S E R M L T O E M
O Y O U M R O A U O U E A R S N O F
L S C R H H R S R G R G S L U L S E T
R N N F S E O C N S D U H T N N G X O
O R G E N O U S C T E N P O E O O S C
A O S T E S U O M M S O O S C G D E E
S C O O O E O M O L A S S E S C S S E
E U U U A S O S T R E E G O O R U L E
E R O O M R E U S E R E M N L E U U R
T C T G L U C O S E O F C N R U G A S
A O E R R S E S O R T X E D N P Y S E
E R O U L D A P Y U O T A A R C C U O
  
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Find these words for sugar in the puzzle:

Fructose	Dextrose	Sugar
Corn syrup	Honey	Maltose
Glucose	Sucrose	Molasses

► FIGURE 7.2 Find the sugar puzzle solution.

Part II: What's In Your Drink?

Circle the words for sugar in the ingredient lists that follow. Which drink has the most types of added sugar? Next, circle the grams of sugar in each food label. Which drink has the most grams of sugar?

From L.W.Y. Cheung, H. Dart, S. Kalin, and S.L. Gortmaker, 2007, *Eat Well & Keep Moving*, 2nd ed. (Champaign, IL: Human Kinetics).

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