

Name _____

Sugar Shock: The Impact of Sugary Drinks and Snacks on Our Health

Open-Ended Response Questions

1. Discuss the importance of reading food labels to identify hidden sugars in products. Provide an example of a product where hidden sugars might be found.
2. Imagine you want to reduce your sugar intake. Create a list of three strategies you can use to make healthier food and drink choices.
3. Explain why it's essential to balance sweet treats in your diet with more nutritious foods. How can this balance be achieved?
4. Share a personal experience or story about the impact of excessive sugar consumption on someone's health, either positive or negative.

