

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Reading food labels is important because it allows consumers to identify hidden sugars in products, even those that may not taste particularly sweet. For example, a granola bar may contain added sugars that contribute to its overall sweetness, but these sugars may not be immediately obvious without reading the label.
2. Possible strategies include reducing the consumption of sugary drinks, opting for healthier snack alternatives like fruits and nuts, and being mindful of portion sizes when enjoying sweet treats.
3. It's essential to balance sweet treats with more nutritious foods to ensure a well-rounded diet that provides essential nutrients. This balance can be achieved by incorporating a variety of fruits, vegetables, whole grains, lean proteins, and dairy products into meals and snacks.
4. Answers will vary but may include personal stories of how reducing sugar intake led to improved health or anecdotes about the challenges of managing sugar consumption and its impact on someone's well-being.

