

## \* CRASH AND BURN SUGAR \*

### RIDE THE SUGAR ROLLERCOASTER



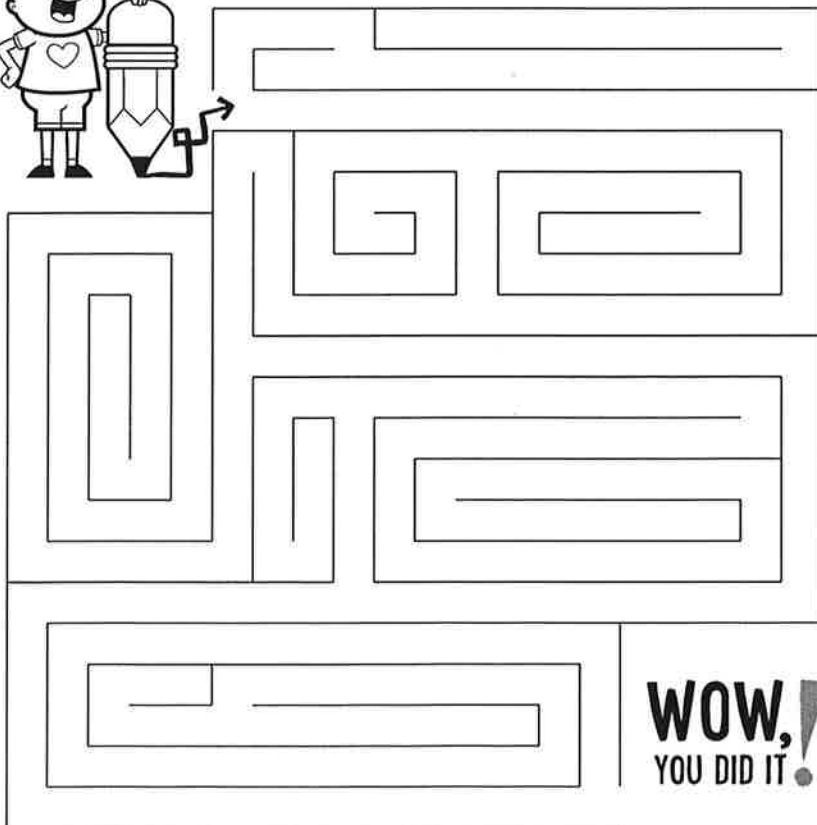
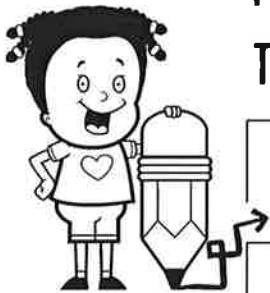
When you haven't eaten for a while, your legs may get wobbly and your brain may begin to lose focus more easily, causing you to do poorly in class. These are signals from your body that its store of energy is getting low as energy feeds both our bodies and our brain.

All food contains energy. Some foods release their energy quickly, and some release it slowly. Sugar releases energy quickly.

A sugary drink or a piece of candy gives a quick energy rush. But the effect fades and soon you may want another drink or more food as your 'sugar' level drops.

Foods like whole grains and fruit release energy more slowly than candy or sugary drinks because they have fiber in them. So when you eat toast, cereal, or a banana, your energy lasts longer than if you had sweets or a fizzy drink.

### FIND THE CORRECT PATH THROUGH THE SUGAR MAZE!



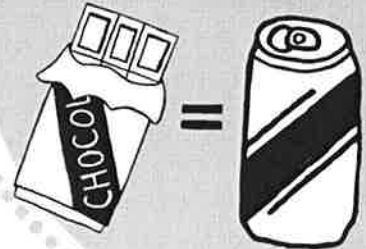
**WOW!**  
YOU DID IT!

### FUN FACT

**A normal-size chocolate bar contains a nearly equal amount of sugar as a can of soda!**

Glucose, sucrose, fructose, and maltose are all types of sugar.

You can spot them in the ingredients list because they all end with the letters 'ose'.



**THE CORRECT PATH FOR THE SUGAR MAZE—CHECK IT OUT!**

