

BOSS: SUGAR SLOPES

SUNDANGEROUS

40 POINTS

- 1) Which of the following is a less healthy sweetener that is processed from corn?
 - A. Added Sugar
 - B. Fruit juice concentrate
 - C. Sucrose
 - D. High-fructose corn sweetener
- 2) Empty carbohydrates are foods that are lacking what?
 - A. Calories
 - B. Fiber, minerals, and vitamins
 - C. Protein
 - D. Carbohydrates
- 3) Which of the following is an added sugar that removes all of the fiber from a fruit, only keeping the sugar?
 - A. Fruit juice concentrate
 - B. High fructose corn syrup
 - C. White Sugar
 - D. Sucrose
- 4) Which of the following ingredients is the best example of a processed, added sugar?
 - A. Fiber
 - B. Applesauce
 - C. Sucrose
 - D. Gelatin
- 5) How many grams Total Carbohydrates are found in one serving of Sundangerous?
 - A. 12g
 - B. 170mg
 - C. 9g
 - D. 64g
- 6) How many grams of sugar does Sundangerous have in one serving?
 - A. 8g
 - B. 67g
 - C. 12g
 - D. 64g
- 7) Write down the name of two sugar imposters found in Sundangerous
 1. _____
 2. _____
- 8) What ingredient could you add to Sundangerous to add flavor, but not add any extra sugar?
 - A. Cinnamon
 - B. Sucrose
 - C. Brown sugar
 - D. Fruit juice concentrate

