

STUDENT REVIEW WORKSHEET

SUGAR IN BEVERAGES

Name _____ Date _____ Class/Hour _____

How much energy (calories) do carbohydrates supply? _____

What are the different kinds of carbohydrates? _____

Which carbohydrates are more nutrient-dense? _____

What is the daily value for all carbohydrates based on a 2,000-calorie diet? _____

How does the sugar in beverages affect your body and overall health? _____

What are some ways to reduce sugar intake? _____

STUDENT REVIEW WORKSHEET

SODIUM IN SNACK FOODS

Name _____ Date _____ Class/Hour _____

What is the recommended daily limit for sodium? _____

Where does most of the sodium in our diet come from? _____

What foods are higher in sodium, and what foods have less sodium? _____

What are some ways to reduce sodium intake? _____