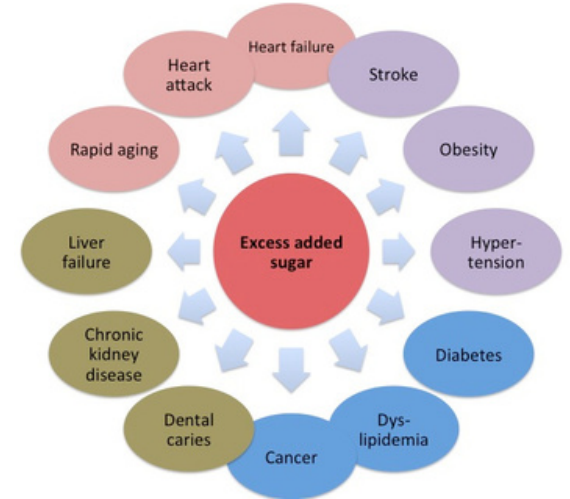


# APRIL'S CHALLENGE

## Added Sugar Scavenger Hunt

NAME: \_\_\_\_\_ BUILDING: \_\_\_\_\_

- Consuming excessive added sugars can lead to various health problems, including weight gain, obesity, type 2 diabetes, heart disease, tooth decay, and potentially even cognitive decline and certain cancers.
- Find 30 items in your kitchen; write down what the item is and how many grams of **“ADDED SUGAR”** were in each item. Added sugars are hiding in surprising places, even in some of your favorite seasonings. When you have completed the activity, give a short summary of how this affected your day to day eating habits and how it will help you moving forward.
- Submit your tracking form to [HEALTH@FSD145.ORG](mailto:HEALTH@FSD145.ORG) no later than Friday, May 9th.



| g Sugars | Item | g Sugars | Item | g Sugars | Item | g Sugars | Item |
|----------|------|----------|------|----------|------|----------|------|
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Summary: \_\_\_\_\_