Teacher Answer Key

Case Study

1. She found her breakfast cereal and low-fat yogurt contained large amounts of added sugar.

2. She switched to lower-sugar cereal and plain yogurt with fruit, which helped stabilize her energy levels in the afternoon.

Multiple Choice

1. B

2. C

3. A

Matching

1-D, 2-C, 3-E, 4-A, 5-B

Fill-in-the-Blank

1) sugar, 2) % Daily Value, 3) sodium

Short Answer (Sample Responses)

Q1: Some "low-fat" products compensate with extra sugar or additives, which can undermine overall health benefits.

Q2: Choosing items lower in sugar or unhealthy fats can provide more consistent energy for sports and better concentration in class.

Q3: Look for snacks low in added sugar and moderate in sodium, while offering good protein or fiber to keep you fueled.