

Healthy Weight & Added Sugars

TO OBTAIN THE RANK OF YM LANCE CORPORAL

YM Name _____

Date _____

Evaluator _____

What is the effect of added sugar on the body? _____

Identify foods with added sugars:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Explain how to balance diet and exercise to stay healthy.
