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.

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P.O.9, E.O.3