Sugar Questions:

1. Sugar makes you fat.
   A. True
   B. False

2. Glucose is the body’s primary fuel.
   A. True
   B. False

3. Lactose is a simple sugar found in Milk.
   A. True
   B. False

4. Sugar does not occur naturally in fruits and vegetables.
   A. True
   B. False

5. A gram of sugar is equal to 9 calories.
   A. True
   B. False
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