



Personal Health Series Food Labels

Name:	Date:
The People vs. Sugar	
Instructions: As the prosecuting attorney in the case of The Peopproducts marketed to kids and teens. Use this handout to outline	ole vs. Sugar, write a persuasive argument against added sugar in and organize your thoughts before you start writing.
Your Position	
Supporting Evidence	
How common is added sugar in your favorite foods and bev	verages?
What are some health problems associated with consuming	g too much sugar?
What are some of sugar's "aliases" on ingredient lists?	CHOCOLATE





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How are sugary products marketed to kids and teens?	
How can kids and teens increase their awareness of added sugar and b	egin to make more nutritious choices?
Conclusion	