
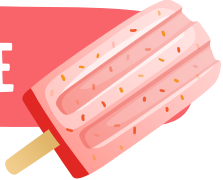
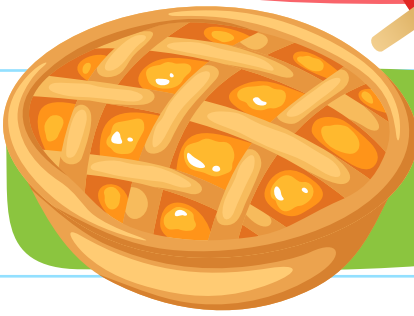






# ROUNDING A HEALTHY DIET:

## SUGAR AWARENESS



Help these kids make healthy choices by reading the nutrition information and rounding the amount of sugar in each of these popular dessert foods to the nearest 10. **Remember to pay attention to the number in the ones column to know whether to round down or round up.** Check the box next to the correct answer.

DESSERT FOOD TYPE	GRAMS OF SUGAR	ROUNDED CHOICES	
 <b>ICE CREAM</b>	21 GRAMS	<input type="checkbox"/> 20	<input type="checkbox"/> 30
 <b>POPSICLE</b>	8 GRAMS	<input type="checkbox"/> 0	<input type="checkbox"/> 10
 <b>APPLE PIE</b>	18 GRAMS	<input type="checkbox"/> 10	<input type="checkbox"/> 20
 <b>GUMMY CANDIES</b>	47 GRAMS	<input type="checkbox"/> 50	<input type="checkbox"/> 40
 <b>CHOCOLATE BAR</b>	58 GRAMS	<input type="checkbox"/> 50	<input type="checkbox"/> 60
 <b>MILKSHAKE WITH CANDIES</b>	82 GRAMS	<input type="checkbox"/> 90	<input type="checkbox"/> 80
 <b>CAKE WITH FROSTING</b>	64 GRAMS	<input type="checkbox"/> 60	<input type="checkbox"/> 70