
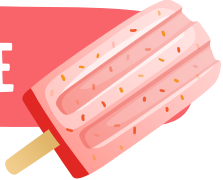
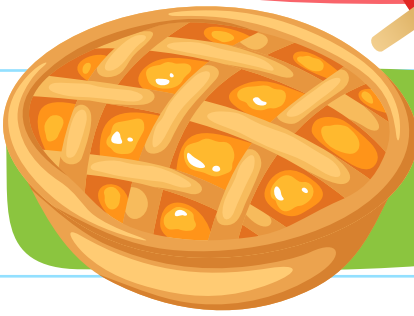






ROUNDING A HEALTHY DIET:

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

Worksheet Answer Key.

Scan the QR code to get the answer key for this worksheet. In it, you'll also find an explanation of how to solve the worksheet and additional learning resources.

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