

SUGAR SMART

Hidden sugar – word search and label quiz

There are over 60 different words for sugar! If we know the main ones it will help us to spot them on labels and make Sugar Smart choices!

How many can you find hiding in this word search?

i	s	e	e	d	e	x	t	r	o	s	e
h	e	x	k	s	z	u	l	v	m	b	l
e	s	d	z	h	o	n	e	y	i	s	w
a	s	d	p	y	e	c	w	v	v	u	e
x	a	o	a	u	c	b	u	l	q	c	n
c	l	g	t	w	r	r	m	l	j	r	e
q	o	c	c	c	a	y	x	z	g	o	c
y	m	g	n	z	u	j	s	m	s	s	t
i	q	f	i	t	v	r	f	n	o	e	a
p	d	i	m	n	p	h	f	r	r	i	r
s	m	a	l	t	o	s	e	n	g	o	s
q	f	r	u	i	t	j	u	i	c	e	c

sucrose
glucose
fructose
maltose

fruit juice
molasses
honey
dextrose

corn syrup
nectars